# THE SECRETS OF STREET SELF-DEFENCE

***The Most Effective Street Fighting Techniques Revealed By A Top Professional "Bouncer"***

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**By: Paul Wellard**

**Dedication:** **To my wife Tracy for her great love and even greater patience.**

"In order to achieve you must place yourself in your opponent's skin. If you don't understand yourself, you will lose one hundred percent of the time. If you understand yourself, you will win fifty percent of the time. If you understand yourself and your opponent, you will win one hundred percent of the time." - TSUTOMO OSHIMA

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*. . . and we all save trees!*

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# *FOREWORD BY DR. DAN LEE (5TH DAN)*

Author Paul Wellard has been involved in fighting for most of his life. Growing up in a northern sea port renowned for tough dockers he soon learned to defend himself in a variety of street wise ways. However, after sailing rather close to the authorities one time too many he decided to clean up his act by joining the services. Unfortunately all the army did was to make him even more effective at damaging people and instil in him an urge to travel. He left after a short while to fulfil some of his other ambitions.

Since then Paul has travelled extensively in the Orient, where his initial interest in the Martial Arts was developed and the Arab world where his knife fighting techniques were honed. He learned to knife throw with the Berber Tribesmen although he would never advocate parting with a good weapon in a real fight.

In addition to being one of Europe's top night-club 'bouncers' Paul teaches self-defence and writes extensively and realistically on the subject under the heading of "Self-Defence for Real People". Paul realises that many self-defence courses lull their participants into a false sense of security by teaching defence methods which are not practical. He has taken the best of street fighting and the more usable sections from the arts to create his own brand of street fighting. For attack or defence it is suitable for smaller framed people. This book aims to separate fighting facts from fighting fantasy. It starts from the standpoint of the novice and leads you step by step towards advanced level defence.

I recall that when I first met Paul he was a scoundrel. It was obvious from his physique that he was a fighter, albeit a small one. Time, however, has tempered both of us and brought with it new concepts.

Some years ago when Paul first approached me with his idea of practical street defence, I was interested. Although more involved in teaching the purer Arts I did realise that these were only really available to the devoted disciple.

Although Paul's ideas seemed to almost clash with the purity of my craft they did appeal to the humanist in me. Over the years Paul has taught these defences to hundreds of students of all ages, sexes and disabilities. The system has been tested and proven.

It was Paul's idea to write this book and now I am glad it has been produced. From his years of study he has produced a manual which takes you from a novice non puncher to being able to defend yourself. The world is becoming a more violent place and you should know your rights and how to defend yourself

I send you my best wishes

Dan Lee.

# VOLUME 1

## INTRODUCTION

If there is one common factor in the history of every race and every civilization, then I guess it must be violence. The crazy thing is that the more "civilized" we get, the more violent our societies seem to be. Except that we don't always want to call it that, maybe because it offends delicate egos. We dolly up the idea of violence with all kinds of words and excuses, like "deprived childhood", or "misunderstood youth". In fact the lawyers make a mint out of finding new excuses to get thugs and gangsters off the rap with stuff like "temporary insanity", "unaware of the consequences of his action" and such like. None of the pretty talk changes the fact that we live in a very violent world that is getting more violent even as you read this.

I read recently that New York and Johannesburg (South Africa) are the mugging, rape and murder capitals of the world. That means that those crimes have just about grown into art styles. What chance then does the ordinary Joe Citizen have against these professional thugs? In South Africa a woman is raped every 87 seconds! Don't think that this kind of violence is just reserved for the big cities either - it is a modern trend, and getting worse.

The shrinks and other intellectuals give us all kinds of reasons for the increase in violence, but they can offer no solution for it. Every politician knows that the most rapidly growing problem of the present and future is violence and how to deal with it. I ask again, where does the ordinary fit in with all this? The police can't protect everyone and there isn't enough money to either provide enough security and locks or enough armed guards to protect everything and everyone, never mind to actually go out and combat syndicates, the gangs, or even the petty thugs.

What qualifies me to write this book? In a word - experience! And I'm not referring so much to the many years I've spent in various kwoons and dojos both learning and teaching martial arts - useful though it was. Most of what I will reveal to you in this book is what my experience in real fights has taught me - in particular, which techniques work and, equally important, which techniques don't. This education did not come to me in a dojo (in fact, it cannot be obtained there). It derived from my experience as a bouncer in rather rowdy clubs and bars where I defended myself in dozens of attacks against fists, boots, and on several significant occasions, knives.

In this book I reveal the techniques and attitudes for self-defence that I have seen or have used myself in real fights, not once or twice, but many times. I know that proper training in the applicable techniques, combined with correct combat attitude, can and will make the difference in an actual assault.

So that is the reason for this book. It's for everyone, from the small-framed to the big bruiser, man or woman. It comes from years of experience, of teaching others and is an amalgamation of tactics, moves, strategies and skills from many different techniques, martial arts, defence "schools" and hard-won practical trial and error. I don't pretend to provide every solution or even every correct solution for all the situations you could find yourself in, but I hope to give you a whole new understanding of how you can personally make sure that you can get out of any fix. I'll be trying to give you a global picture and a feel for things rather than try to present a "one plus one equals two" kind of approach. I'm a very practical, down-to-earth type of guy and don't have time for the flowery talk, the fancy steps and magic stuff you find with many "teachers" of the martial arts. I will share things with you that work. They work in a real world that is filled with ruthless thugs who are out to get you or what you've got. People like that don't play to rules and they don't play fair.

One thing you must understand very clearly. Self defence is deadly serious. It is not a game. It is not some sport. There are no rules and there is no fair play. No referee will call injury time and no seconds can throw the towel in. It is a question of survival. I will be talking more about martial arts later on and explaining both the good and bad about them, but just remember that they are "arts". They are not about real fighting in real life situations!

The next thing you have got to understand is that if you think you can develop a "foolproof" style or move that is valid for every fight, they are going to scrape you off the pavement one day. Never assume you have all the answers. Never rely on the techniques and moves you learn in one or more of the martial art disciplines. You'll get mashed if you do. I say it again, street fighting has no rules and respects no ideas of fairness.

I can explain a lot of tactics and strategies to you, but you must develop the ability to use them. Just knowing something is useless if you don't put it into action. You have to develop the guts and determination to use what you know - to practise the moves until they become instinct and to strengthen your will to explode into action when required. I will give you some personal tips on how to do that and then you must just work at them, hard and constantly, until they are part of you and the way you think and react.

It is important that you learn what it means to be aware and alert. Most people get mugged, raped or jumped because they were half asleep. By that I mean that most people do not seem alert. They don't notice what is going on around them - maybe because they think that if they ignore something ugly it will go away. That is not the case with thugs, punks and criminals. So I'm going to stress the importance of waking up your mind to your immediate surroundings. Self defence is an attitude, a lifestyle, a way of

reacting to life instinctively. You know if you have picked up a guy's evil intentions towards you, you have already loused up his plans. You can immediately move to counter his actions and very often avoid a confrontation altogether by your attitude, stance and the confidence you project. That is what I mean by self defence being an "attitude of life" - being aware and reacting spontaneously to what you sense.

Developing awareness becomes a "fun" thing, a game if you like. So does practising your new skills and putting your new knowledge into action. Never again will you have to give in to the scum that prey on the weak and helpless. You will be developing a new self confidence and new appreciation of your own abilities too.

Finally remember that a lot of fights can be avoided, but if you are going into an attack then give it all you've got. Never hesitate or make half-moves. You may not get a second chance to correct your mistake. Go all out, go to win, to put your attacker out of commission. When you have done that, then stop! Most of these punks don't deserve mercy, but the courts don't always see it that way. So why lose your freedom for the sake of some violent, mindless idiot.

I know you are going to enjoy this book. As you read, bear in mind that just knowing the moves is not enough, you have to practise, practise and practise until they become instinct.

Do as I suggest. No more, no less. Don't overdo any of the steps, but perform them as I recommend. Needless to say, we can take no responsibility for any accident or injury that might be sustained through undertaking this course, and the author does not suggest that these techniques be seriously used unless you are physically threatened.

Follow this instruction. You can do it. Be proud. Be sure of yourself knowing that these techniques can give you the confidence and assurance which is your birthright.

## *28 FACTS YOU SHOULD KNOW ABOUT STREET FIGHTING*

There are in fact more than 28 facts you should know about street fighting but a chapter headed 250 facts etc. seemed a bit too ambitious. However, it was our aim to really cover the whole spectrum of street fighting techniques and you will find the other 222 points in this book, so anyway - here are 28:

1. Street fighting is not a game.

2. There are no rules. It's a no-holds barred contest in which anything goes.

3. Fighting can involve the law which means that you can go to prison for it unless you learn some self control.

4. Fighting can mean a need for medical care, especially where there is a loss of self- control.

5. Fights involving points 3 and 4 are generally more serious and can result in the loss of your freedom (if you are considered to be a danger to society you will be locked away from it).

6. You should always formulate your defence to fit the attack.

7. Real life street fights rarely last longer than about 20 seconds.

8. Self-defence is your personal responsibility to yourself and your family.

9. Most fights are avoidable.

10. Counter-attacking can be more efficient than attacking.

11. 90% of attackers will open and lead with their right. If you know this then you know how to counter.

12. Never, if at all possible turn your back on an opponent (unless you are making a run for it).

13. In a real fight, kicking above the waist is inefficient and dangerous. You will be unbalanced and open to counter-attack.

14. The most stupid combat mistakes made by people who don't really know how to fight are:

    (a). Closing their eyes when they strike out (keep them open - you need them).

    (b). Leave themselves open. For example they stick their chin out inviting a knockout (instead of keeping it tucked tightly and safely into their chest).

    (c). Throw their elbows out when punching, causing their strike to lose most of its force (elbows must be kept tucked tightly in when forward punching).

    (d). Attempt to block the attacker's blows by sticking their arms out in the air (when blocking, arms always offer more protection when held close to the area they are defending).

    (e). Don't breathe properly so their strikes carry less power and they are quickly exhausted.

    (f). Offer blows lacking real focus.

If you have any of these bad habits, get rid of them quickly.

15. In a confrontational situation, you will always do best if you stay cool and keep your panic under control through correct breathing.

16. Be prepared, keeping alert could save your life in the long run. Being extra alert could even save you the hassle of fighting.

17. In a fight, make noise - it intimidates your opponent, helps you breathe correctly and gives your blows extra power.

18. Controlled aggression will give you the will to win.

Knowledge is essential in street fighting to aid your survival but is normally only acquired through the passage of time. To save you bruises and pain here are some personal experiences I have come across in my years of wandering around getting myself into "trouble".

19. Never face your opponent square on. This pose has no protective value as it leaves all your major targets open for a hammering.

20. A good stance will present the strongest side of your body towards your opponent. This is called 'strong side facing'. A strong side facing stance allows easy backwards and forwards movement for attacks and defence whereas a square facing stance does not.

21. The centre line runs down the middle of the body and has a number of useful and effective targets on it. Also by selecting targets on this line you increase your chances of scoring a secondary hit if your opponent moves.

22. Remember that it is vital to aim for targets rather than just vaguely throwing your fists around. Apart from the centre line targets there are also the high value joints. A powerful blow into the shoulder or knee will upset that joint. As swelling increases so mobility decreases and your opponent begins to decrease in efficiency. This is why you do not need to go for the one punch win. This elusive blow leaves you over extended and exposed to counter-attack. If you go for it then you will be deluding yourself.

Don't get over excited and don't get over extended. Any boxer will tell you that it is better to counter-attack than attack.

23. As you strike your opponent you must project power. Letting out a shout as you strike your opponent will increase the force of your blow.

If you get hit with a stunner and begin to see stars then you are a standing target. Unless you clinch your opponent he will really start hurting you so you must cover up (see following diagram). The essentials of a clinch are to contain both of your opponent's arms and to tuck your head into his chest. If you don't do this then you are likely to continue to sustain damage, so really hug him.

As the stars begin to recede don't forget to try a headbutt to the underside of his chin.

This can be very effective and might just reverse the result. In fact I think this is called clinching victory out of defeat !

24. If you're being attacked in the street, or even molested on public transport, don't be timid. Shout at your attacker. Whatever you say make it firm and loud enough to be heard by other people. Don't become a statistic by being afraid to speak out.

25. Bladders are a popular midsection target. If you get the chance then empty yours before going into battle. Then should you receive a blow you are less likely to sustain actual damage such as toxic shock syndrome.

26. When the fight starts your body can be overcome by a rush of emotion which can cause a certain lack of control and relaxes the bladder. This is a different dilemma to actually peeing yourself from fright and should be borne in mind.

27. Relaxation, which is the key to leaking bladders, is also necessary for speed. Relax your muscles on the way in and tighten them on impact, then relax as you pull your arm back. This is the secret to whipping punches.

28. If your opponent grabs hold of you with both hands don't waste time and energy trying to release his grip. Instead nail him with some blows. You should never tie up both your hands grabbing an opponent just as you should never block with both hands.

## *THE RULE FOR STREET SURVIVAL*

The first rule I teach any student new to the idea of defending their space is that there are no rules on the street. There are only different levels of conflict.

This means that to stay within the bounds of the LAW and REASONABLE BEHAVIOUR you should only fight to the level of your opponent. If he is unarmed then you should be unarmed BUT if he uses a weapon then reason allows you the same option. If I had to state my own philosophy for street fighting it would be that I only mess with people to the level that they mess with me!

Every rule has its exception and this one is no different, in fact it almost proves that it must be a rule. If you are ambushed or seriously losing a conflict then reasonable behaviour is altered to include SURVIVAL.

The only rule for survival is that you are allowed to do everything possible to ensure yours. Once you've lost your survival the only recourse is spiritual ... which means coming back and haunting your killer! Read this book and you should have a much better chance of staying out of survival situations through awareness and action.

You must be constantly assessing the situations you find yourself in. Look at your opponent and look around you. What are his weak points...? Will you have to fight him or is there an escape route...? Is he a psycho...? Does he want to kill you...? What did that book say to do in these kind of situations...? The book said to keep thinking. Fortunately most readers of this book will not have to face this kind of predicament. But if you did then you'd be prepared.

If you do have to physically defend yourself then speed, surprise and aggressive actions are your allies. If you're going to punch someone then put some force into that punch and scream as you unleash it. Remember what counts most in street fighting. It's surviving, avoiding hospital or the law and living to see another day. Do what is necessary to ensure these options remain open to you.

## *Reaction And It's Importance*

When trouble strikes, the speed of your reaction is going to make the difference between who lands up on the pavement, you or your attacker. Don't think though that "reaction" is the same thing as "speed". For instance, you might be able to execute a certain move in a very short limit of time, but if it takes you a while to start moving then that speed of execution is not going to help.

Your reaction will depend a lot on your own personal programming and will improve as you work at it. Remember that I said that self defence is an attitude? Well, as you become more aware of what is happening around you, your alertness will be honed. You will be preparing yourself for potential danger. Imagine what you would do if the guy walking towards you were a threat. Picture the situation in your mind and see yourself reacting instantaneously.

One of the ways you can develop the ability to react spontaneously and instinctively without having to think about your moves and plan them is to start building up righteous anger towards possible attackers.

Most people will react with surprise, shock, fear and helplessness when attacked. If you are alert and prepared, you will have programmed yourself to feel white-hot anger, like "how dare this punk attack me?" This kind of anger primes you for immediate reaction in the face of violence. It is what you should feel and it can make the difference between winning and losing, and maybe between survival and death.

Don't think that there is something wrong with reacting in anger. Especially if you have tried to avoid confrontation as explained elsewhere in this book, you have more than every right to start letting the anger boil up. Listen, you believe that human beings are worth more than animals, like dogs, don't you? Well have you ever seen what a mother dog or animal will do when her puppies or little ones are threatened. Hey, she will even give her life for them! Why? Because she values and treasures them. They have worth. They are important. And that is the kind of reaction you must encourage in yourself. If someone attacked those near and dear to you, you would also flare up and go wild. You must develop the same kind of esteem and appreciation of your own self-worth. Your life is unique. You are the only one of a kind. A valuable individual like no other. You have feelings no one else has, ideals and ambitions unique to you. How dare anyone think so little of you and your value that he could even consider coming against you !

Start thinking about your life. About how much love, sorrow, suffering, pain, hopes and dreams have gone into it. Think about how important people and things are to you and really start to esteem and value those things. Then think of some lowdown punk who has done nothing but sponge off victims all his life, has caused only death, misery, and failure wherever he has gone and who now wants to put his filthy fingers all over the things that are important to you and foul them up, steal them, destroy them. You have to be really mad at this guy. And work at it, this is righteous anger and indignation that will add energy, power, determination and explosive force to your self defence.

You need to cultivate this kind of anger on a long-term basis. It is in fact a programming or conditioning that must become instinctive. When a crisis of some kind threatens, you rarely have time to plan your reaction of counter-moves. There is nothing difficult about building this reaction into you. Just like a soldier is conditioned to respond spontaneously and instinctively to combat situations, so you can achieve the same instant response. Repetition and constant rehearsal will build the response in you. Your desire to cultivate quick reactions will fuel the process. Remind yourself how low and despicable the thug is who attacks you. Think how your loved ones will be affected if something happens to you. Realise that he feels nothing for you, that he thinks you are a victim, easy pickings and gives nothing for the fact that you hurt, that you love, that people depend on you.

You must also realise that he is ruthless. He intends to damage you, perhaps seriously, he probably doesn't care if you are badly injured. Let the anger rise and boil in you. Together with this, cultivate your alertness to your surroundings and to people. Imagine various situations where thugs jump you and picture your reaction, feel your anger. Eventually your response will become an instinctive, spontaneous thing. You won't have to think how to react in the face of a potential attack - you will already be doing it, with anger-directed power and energy that will make most criminals turn tail at high speed.

## *Anticipation and Preparedness*

There are two main elements that will fuel your reaction instinct and they are anticipation and alertness. Anticipation of attack and violence will not make you paranoid

like some faint- hearted specimens would have you believe. That kind of attitude is just a cop-out. Even the Bible points out that if a guy knew when a thief was coming, he would take suitable precautions. We just have to face up to the fact that we don't believe in a world of Elves, Father Christmas and the Easter Bunny. In some cities statistics say that one out of every three people will experience some kind of violence against themselves or their property. You just have to be prepared. You have to expect to come under attack at some stage. In other words you have to anticipate a potential attack. This helps you develop a mind-set of preparedness for action.

This is one of the reasons why training in the "martial arts" simply doesn't meet the bill. Martial arts training presupposes a nice comfortable, controlled environment. Out in the streets the situation is not subject to any kind of rules, regulations or control. It is totally unpredictable. If you are not anticipating danger, it will be with you before you are aware it's coming. If you are expecting trouble you will already be taking precautionary measures that will instinctively become part of your life and already they will be averting possible attacks. For instance, a friend of mine has the automatic reflex habit of locking her car door when she gets in. This habit has saved her on more than one occasion when a thug has assumed that she would be easy pickings and has tried to yank the car door open to assault her or steal the car.

Another problem with most types of martial arts training is that it conditions you to a sporting, fair play approach and doesn't prepare you for real fighting in real-life situations. When you develop anticipation and combat preparedness you are not only ready for a potentially violent situation, but realistically and practically prepared to handle it. I will be mentioning these points again in the chapter on martial arts. I think it is important to speak out about them in a bit more detail since I don't want to give the impression that they are totally useless, because you can gain a lot of valuable tips, skills and moves from them. However, they don't generally cultivate this attitude of anticipation and preparedness that makes you combat-ready at all times.

Don't listen to the holy Joes who claim that this attitude lowers you to the level of the bums who go for you. Look, if you don't have this attitude, you will end up the victim of your attacker. One of the facts you will learn in this book is that most thugs and street punks are looking for a victim - so when you stand up to them, they panic and run. If you cower and bow down to them, they will simply wipe the pavement with you. You just can't afford the kind of mentality that says you mustn't resist violence or you must oppose violence with meekness. All that does is encourage the criminals of the world.

The best defence when attacked is a counter-attack! When you have inculcated an attitude of anticipation and preparedness, your reaction will be swift. You will not freeze in a moment of panic. Your mind will not blank out so you forget all your moves and skills. Sure it would be nicer if we were all civilized and could live in peace, but the fact is that thugs and gangsters walk the streets looking for victims. Don't be one. Anticipate trouble and be prepared.

You can sharpen your anticipation first of all by simply admitting the violence factor around you. Let's face it, a perceatage of the population is not "civilized and nice.". When you look at the crime and violence statistics in the news, make up your mind not to become part of those statistics. Be prepared to counter attack. Realise that generally, the cops only turn up after the violence has happened, so the onus is on you to do something, and to do it fast.

Your attitude of anticipation will make sure that you will never be caught looking desperately for help when there is none. Not only will you be able and willing to react quickly, but your whole behaviour will actually let the potential thug know that he is not dealing with an easy victim and could quite possibly discourage him from even starting anything.

The anticipation of trouble means you will not be taken by surprise. The element of surprise and consequent fear is one of the thug's main advantages. If you are taken by surprise, you tend to freeze. But if you anticipate and are prepared, then your reaction time will turn the tables on your aggressor and the surprise will be his!

## *Awareness and Alertness*

The other factor that powers your reaction is awareness, or if you like, alertness. It's not the same thing as anticipation, though you might think so at first glance. Alertness works with anticipation so that no one can creep up on you unawares. If you carry a weapon of any kind, you need to be specially alert to even the vaguest hint of something suspicious. Being aware of who is within arm's reach and why and anticipating danger will enable you to foil any attempt to snatch your weapon or render you helpless to defend yourself.

Being alert also means watching your body language. It bears repeating that thugs are on the lookout for victims, and one of the ways they choose their "clients" is by catching the unaware, the guy who projects carelessness or fear or weakness. Developing alertness will help you adopt a body stance that says, "I'm ready, I'm aware and quite relaxed about it." Some combat schools call this "relaxed-ready". Believe me, this kind of message scares off a lot of thugs from trying anything against you.

If you are alert it means you will never take for granted that any place you are in is safe until you have given it the once-over. Places and people you don't know well could always hold potential danger - don't forget it. Stay alert. Who is the guy behind you? Why is that man trying to get so close? If you are not alert to possible attack, then you just might not have the opportunity to react at all, and all your skills and tactics will be useless.

Be aware of people's hands and gestures. Most attacks will originate in the area of their hands. Note what people are holding and note their movements. Develop an alertness to any suspicious gesture and be ready to react quickly and fiercely. Again, don't think you are being over cautious or "paranoid". Paranoia is a confused mental state

that is related to delusions. Any sane person in this world is under no delusion when he says he is living in a violent society and has to take personal responsibility for his own self-defence!

Take a tip from the animal kingdom. So often comparisons are made between human and animal societies and people suggest that animals are more noble, self-sacrificial, maternal and all the rest of it - like they would only kill for survival. Something else perhaps you might note is that you can never sneak up on a wild animal. It is constantly alert. Even your common or garden house pet, unless it's really over fed and over pampered, will be aware of your trying to creep up on it. The wild animal will react instantly to the threat of danger - and that is what ensures survival. Interestingly enough, it doesn't try to counter an attack with an attitude of appeasement - it either runs or it attacks without quarter.

Perhaps to start off with, trying to maintain a constant attitude of alertness is difficult and awkward. However, as you persist, it will become part of your lifestyle. It will be assimilated in your whole approach, becoming instinctive.

These three factors, reaction, anticipation and alertness are a powerful trio. If you develop them, then short of running up against a trained assassin, the chances of your being taken by surprise are practically nonexistent. One reinforces and fuels the other. They make a rock- solid foundation for the other elements you need for effective street self-defence.

## *Looking At The Physical*

All the skills in the world will not help you if you are unhealthy. And that applies as much to the body as it does to the mind. If your body is honed and prepared then all your reactions and reflexes will be quicker. If your mind is active and thinking positively then your whole approach, attitude and even body language are working for you.

I'm going to be giving you a few hints on breathing, some conditioning exercises and concentration that will reinforce your physical and mental abilities. Like the other topics I have spoken about, these exercises need practise. The more you do them, the better they will work for you. It is not enough just to know about them, you must put them into action on a regular basis so that they become part of your daily living.

Breathing or wind training will increase your stamina, making it possible to breathe correctly and be able to get your "second wind" without hassle.

Breathing is particularly important to the guy in self defence, because oxygen provides energy. Blood flow provides nutrients throughout the body thanks to a good supply of oxygen. Bad or shallow breathing means poor energy supply means greater fatigue, quicker - both mental and physical.

Most people who live in cities and don't go much for physical exercise don't know how to breathe. I know that sounds weird, but it is the truth. They don't aerate the whole lung, they breathe shallowly, using only the chest and because of various tensions that develop in life, they don't use the diaphragm properly.

Breathing actually involves your whole nervous system, the brain and spinal cord, the ribs and all the muscles connected with the rib cage and lungs and through the blood obviously affects your whole body, your digestive system, urinary system and so on. So the long and short of it is that if you breathe badly, you are seriously handicapping yourself - in the long and short term, and especially if you are going to be called on to partake in some sudden violent physical activity, like defending yourself !

You will need to learn new breathing habits, and like a lot of the exercises in this book, the way to do that is slowly. New habits don't come overnight, but as you plug at it, like the other attributes stressed elsewhere, this new kind of breathing will become automatic and instinctive and you will only benefit from it.

Breathe slowly and deeply, and don't breathe through your mouth, only through your nose. Be conscious of using your diaphragm and not your chest both to inhale and exhale. Stand up straight with your feet slightly apart and parallel to one another and let your arms hang down loosely. Keep relaxed. Concentrate just on breathing and if your mind wanders then make it focus just on breathing again. This might take a bit of getting used to, because the mind tends to do its own thing unless you really concentrate. Just keep at it until you have the hang of it. Now exhale completely, through your nose, making sure you use your diaphragm.

Then breathe in the same way, relaxing the muscles in your stomach and diaphragm so that the air fills your lungs "from the bottom up" and not from the chest down. Hold your breath for five seconds before you let it out again. Repeat this exercise for five minutes, trying to hold your breath a little longer each time.

From the time you get up in the morning, you should repeat this exercise at intervals throughout the day. If you feel fatigue, tension or tiredness sneaking up, do this exercise. Before long, this kind of breathing will start to become natural and automatic and you will find that in the face of physical activity, you will spontaneously be breathing deeply and calmly.

Do this exercise with a movement as well. For instance, breathe in, hold your breath and the take a step forward. When your foot hits the floor, breathe out. This will get you used to exhaling when you exert your muscles and inhaling as you relax. This kind of breathing actually favours your concentration and helps you relax instead of tensing up. Remember that proper breathing helps circulation which takes oxygenated blood and nutrients to where they are most need - a very important consideration when you are engaged in combat.

## *Concentration*

The kind of concentration required for self-defence or street counter-attack is not the "see only the one spot and blank all else out" type. You have to develop a kind of sixth sense that will make you aware not only of the guy's moves in front of you, but of a possible accomplice creeping up from behind.

This means you cannot afford one slip of concentration. The secret is to stay calm. Read the section on Control again and make sure that you have mastered it. Proper breathing will help and of course the mastery of different tactics and moves will have reinforced your confidence, so that you should be well on the way to being able to ensure this mental calm.

At first when faced with an attacker, your thoughts may be chaotic as adrenaline surges and emotions run riot. This is where you simply have to make a decision to shut your mind down and concentrate. Training and practise, practise, practise will make this a normal reaction. Start taking control of your thoughts. Most people just let their thought life roll on without much direction or focusing. Take five or ten minutes at intervals during the day and control your thought process. Do this while training too and you will soon be improving your concentration and ability to focus in on something without being distracted.

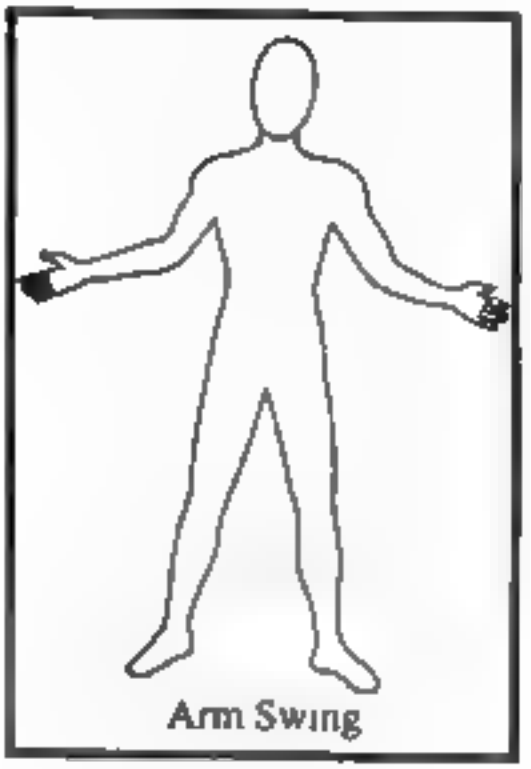
When you train, don't overdo it. Short but hard training sessions that emphasise quality rather than quantity are much better than endless bouts that bore you so that you do them half-heartedly and find short-cuts. You will find some recommended exercises in this book, and there are also many books available that can show you how to harden and strengthen your muscles and tone up your whole physique for fitness and health. The key is consistency and balance.

You don't need fancy equipment either. A chair or wall will do for rising kicks, a pole or even broomstick for trunk twisting. You could construct your own punch bag from heavy leather or canvas. Simple weights, benches and bars needed are at any gym or you could provide your own for home use. It is advisable that you train with a partner when it comes to the stretching exercises and weight training.

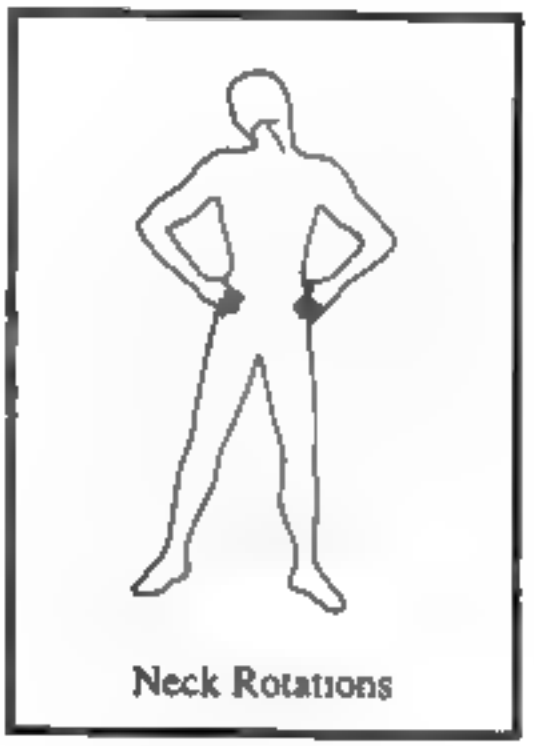
If in any doubt about your physical health, make sure that your doctor has given you a physical fitness check before you start and don t overdo it, especially at the beginning. If you are getting sore and tired, stop, otherwise you could tear or seriously strain your muscles.

## *Recommended Stretching Routine*

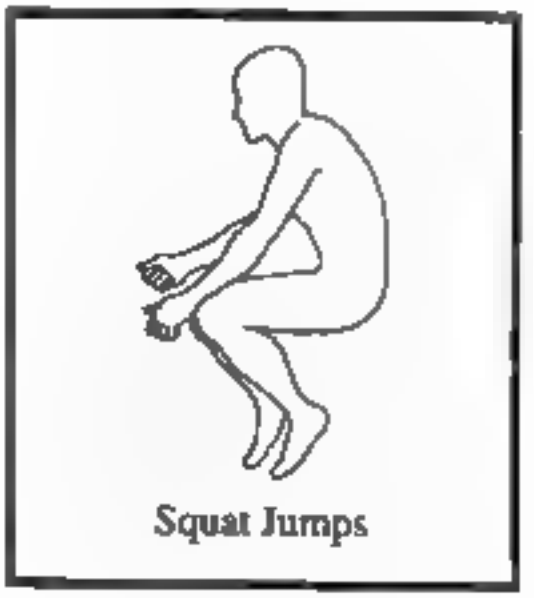
Stretch regularly - it helps to keep your muscles and joints loose and is a great relaxer. It is a good idea to have a good stretching session before you start your exercise just to loosen up and again at the end to relax and wind down. A good yet simple routine is illustrated.



Arm Swing

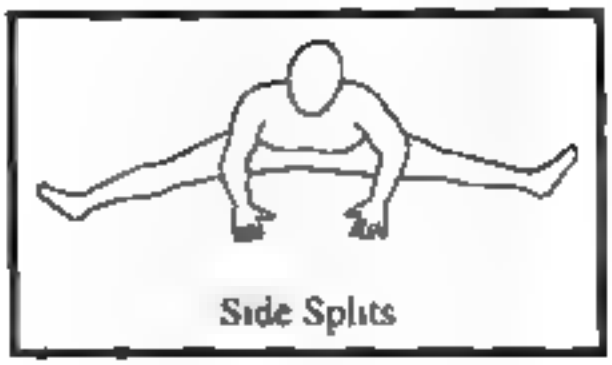


Neck Rotations

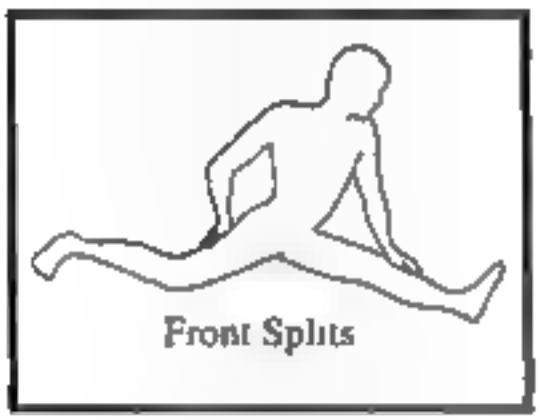


Squat Jumps

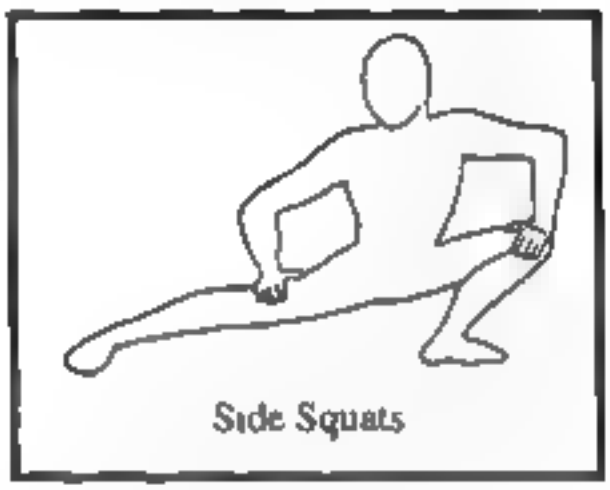
Hand and Chest to Knees



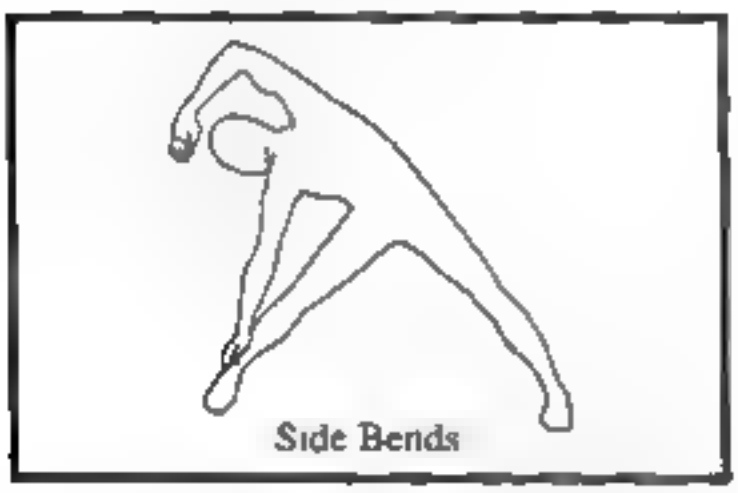
Side Splits



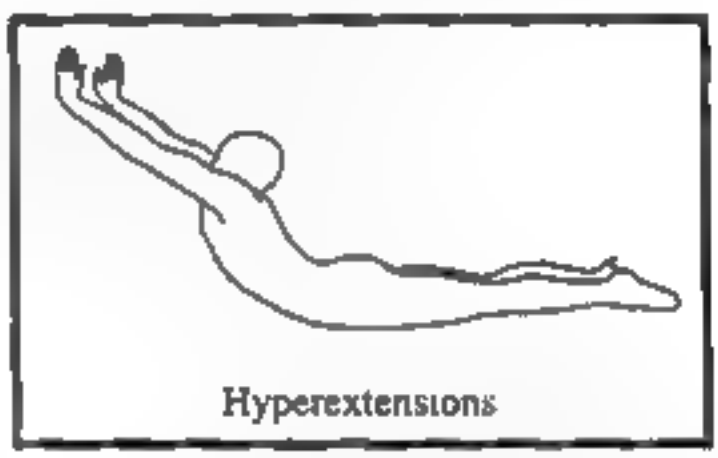
Front Splits



Side Squats



Side Bends



Hyperextensions

## *TONING AND CONDITIONING*

This involves toughening up those parts of your body that will be involved in actual contact. This is best attained over a longish period - it does not happen overnight. There will be a certain amount of callous-formation and even deadening of certain areas but not at the cost of injury. The following exercises will help you to start toughening up and conditioning your body. I don't advocate the use of fancy solutions and soaking in chemicals.

### *Fists And Fingers*

1. Clench your hands into fists and in a push-up position let the weight of the upper part of your body rest on your two fore-knuckles. Your palms should be facing inwards and the top of the fist pointing straight ahead as though you were actually punching. The balls of your feet must support the weight of your lower body. Now do as many push-ups as you can manage with your wrists firm.

2. Perform the same exercise using your fingertips instead of your fore knuckles. Start with your fingers spread out and then as you get stronger gradually bring them closer together. This will strengthen your fingers for thrusts and your grip.

3. When you use the heavy bag practise the punches shown in this book, varying your lead side. This will help you punch no matter which leg is forward. Watch your breathing, exhaling when you strike and relaxing the muscles before contact, tensing on impact. Lock your wrist and leave your fist in the bag for the sake of conditioning, letting it bounce away.

4. You could also use a sandbag filled with sand or beans, either laid on a flat surface or against a wall. Use it in the same way as with the heavy bag and as you get tougher, try filling it with denser material to increase resistance.

5. Digging your fingers into a bean bag will strengthen your grip and shoulders. Throw the bean bag into the air with your left hand and catch it with your right, and vice

versa, digging in with your fingers. With experience and development you will be able to use ball-bearings instead of beans.

6. Starting with beans, which you will replace with fine sand as you develop, sit in straddle stance in front of a bucket of beans. Thrust the fingertips of each hand deep in trying to get to the bottom.

7 Get a resistant hard rubber pad, put it on a hard flat surface and kneeling in front of it, claw each hand into it, making a snap movement with hand and wrist. Don't let your hand bounce off

8. Using the edge of your hand like a sword, strike down on a large diameter pipe without letting your hand bounce off. You can do this a couple of hundred times with each hand.

9 To develop a strong thrust as well as toughen up your palms, assume a fighting or straddle position in front of a rough-barked tree and execute palm strikes with alternate hands.

## *Forearms*

Your forearms are responsible for blocking as well as striking so you need to condition them to pain as well as toughen them up Remember that it does not happen overnight and don't rush the process.

1 Strike the fleshy inner and outer part of your forearms against a round-surfaced object, like a pipe or baton without letting your arm bounce off it. Start at fifty strikes and work up to two or three hundred.

2. Face a partner in the ready position and strike opposite forearms together. As you alternate arms, move over the whole blocking area from low to mid high level to condition the whole surface

## *Feet*

Unless you are going to be fighting barefoot, which very few people do, you won't need to spend too much time toughening up here. Simply use the heavy punching bag, kicking it with each foot, working through the different kicking exercises in the book.

## *Shins*

You need to condition the shins against kicks and blows since they tend to be in the line of fire. You can toughen them up by striking them against a heavy bag, making sure they don't bounce off

Alternatively, roll a rolling pin up and down each shin about a hundred times, gradually increasing pressure.

## *Knees And Elbows*

Use the same heavy punching bag as above, striking each knee and each elbow repeatedly against it.

With all the above, make sure you start slowly and only apply greater pressure or force as you get hardened. After about three months of regular training, you can start really letting go with all you've got, trying to strike through the bag.

# *INSIDE THE MIND OF A THUG*

I found writing this chapter very easy because I just thought back to how I was in my youth. Thugs, bullies and bower boys all want the same thing ... TROUBLE ... but they want it with the minimum amount of hassle This means that if you firmly but politely stand up to them and give them a way out they might often take it. Standing up does actually mean just that. After all you'd need to be a real mean SOB to intimidate people when seated!

I was travelling on a bus in Pakistan once when these two guys started hassling me for no reason apart from the fact that I had given them a laser stare because their radio was so loud It was obviously annoying the other passengers and was certainly irritating me because I had a hangover Anyway, after they had turned the radio up they moved over to where I was sitting and began the verbal abuse. Nothing direct at first but the more I ignored them the more they carried on. Being the only white man on the bus possibly made me a target but as soon as one of them spoke directly at me I could smell their clutch courage.

Realising that my softly softly approach hadn't worked I stood up to my full five foot seven and a half inches, stared one guy in the face and said "Don't mess with me wanker or you're gonna get hurt", (or words to that affect).. as menacingly as possible. Then I gave him a straight finger to the sternum which made his lungs echo (I'll tell you how to do this in the next chapter). His friend immediately, and wisely, intervened and my aggressor allowed himself to be dragged off to another part of the bus. I'm not sure that he turned the radio down but as it was further away there was less aggravation for my head.

The point of this story is never allow diplomacy to be mistaken for weakness. Thugs, bullies and bower boys will take advantage of you. If you do get into hassle with a thug then don't expect a clean fight. Generally they aren't interested in such things and you should not weaken yourself by trying to fight nicely. Remember that on the streets there are no rules

# *HOW TO "PSYCHE" OUT AN OPPONENT*

When you get down to the actual nitty gritty of the build up to a fight you'll realise that it's mostly about posturing

and parading. Whether we're talking about the animal kingdom where feathers become ruffled and hackles rise or the human kingdom where chests are inflated and testosterone emitted, it's all basically the same  it's all about calling the other person's bluff

Psychologists (and successful gamblers) are the masters of bluff. A little of it applied in situations can work to your advantage. As stance might be considered important for the physical portrait of defence so eye contact is for the psychological. Keep your eyes fixed on the target and use the time available to stare with energy at your aggressor. Project your lack of fear and try to unnerve him.

You must realise that psychology (or using your brains) is important in every aspect of street fighting. By knowing that you are unnerving your opponent you are improving your own confidence and chances. The brain is a powerful weapon. A little psychology can go a long way toward disarming aggression. Your own personal confidence will be improved further by defending with routines which you have practised and with which you are familiar.

Knowing that most people "looking for trouble" are bullies is another great morale booster. Bullies don't want to fight if they know there is a good chance they will lose. They just want to make noise and impress their friends. Remove them from their audience and you will have a greater chance of defusing a situation.

To physically psyche out an opponent try a Straight Finger Tap to the Chest, but only after practising it. To be effective you need to project force through a locked and prodding finger but to be really impressive you need to hit the sternum. A firmly planted pinkie here can give an aggressor a false impression of your power because it makes so much noise and seems to echo inside his body. Try tapping your own sternum and see what happens. Then you'll understand why it freaks a lot of people out.

Developing a presence is another way of freaking out a thug. Think of events where the police arrive on the scene and take over - command a presence, an attitude of control and dominance that stops a lot of attackers in their tracks.

Obviously this is something that you cannot pretend. This will flow up from inside you as you master the steps and learn to harness fear, anger and aggression. Then as the self-confidence grows, so you will be learning to project this attitude of control, of command, of being the top dog. It intimidates the potential attacker, mainly because he thought of you as a victim, as prey, not as someone who could suddenly rise up and dominate him.

To really master this presence, you need to be convinced of your own worth. If you are one of those people who are always making excuses for being, then you need more help than this book can give you. Hey, you are valuable as an individual! So stand up for your self. Realise and accept your worth, smarten up your self-image. Be proud of yourself. You count, you matter! Walk tall and you will soon start feeling that way too.

A lot of prospective thugs select their victims by watching their body language. So make sure you project confidence, assurance and pride. Very often in psyching out a guy who wants to beat you up, it's not what you say that will convince him as much as the way you say it and what your body stance says. Mean what you say. Leave no room for doubt or questioning. Convey strength and in most cases the issue won't even become physical.

Just a word of caution though. It is better to try to throw him off guard by pretending to surrender and then attack while he is unprepared. Let me demonstrate this point with a true story. This is something that actually happened to me in the city of Miami in the U.S.A. on the evening of July 18th 1987 (yes, I remember the date!)

Without going into how or why, I was trapped in an empty warehouse with a thug who was pointing a loaded handgun at me and had every intention of using it to kill me. We were about 12 feet apart and he was tense and alert and ready. It seemed like there was nothing I could do to prevent myself from becoming just another murder statistic. What do you think I did ? I stayed calm (on the inside if not on the outside as I shall explain). There was no way I could close the space between myself and the thug without him dropping me, there was nothing I could pick up in time to use as a weapon or shield (fat chance), nowhere I could run to for cover and absolutely no hope of receiving any mercy - the thug wanted me dead and he enjoyed killing people.

But here I am today alive and well and teaching you about self-defence and street fighting. So what did I do ? Well, because the thug was such a nasty, vicious piece of work and supremely confident of his control of the situation, I decided to try and turn his vicious confidence to my advantage by doing something which is the total opposite of everything I've so far told you about confronting an aggressor (but I did say there were no rules). I collapsed to my hands and knees sobbing and begging for mercy. Do you think I really thought he would show any ? Of course not, but I had seen his sort before and I gambled on him enjoying and relaxing upon seeing what looked like a vulnerable and pathetic victim. I wasn't wrong, he smiled and lowered the gun. Walking towards me I could see he was positioning himself to kick me as hard as he could in the face. He just couldn't resist it. I appeared to be totally non threatening and he felt safe. He was going to have some fun with me before he killed me (or so he thought).

To encourage him further I even moved my head into a position that would enable him a  perfect  kick. It was to be his biggest mistake. What he didn't count on was that my act was just that, an act to get him in close and lower his guard. Although I seemed to be totally depending on his "mercy", I was in fact fully alert and prepared.

When he went to kick me hard in the face, he didn't even try to hide his movement, so confident was he of my total capitulation. It was like watching a slow motion movie. When his leg was half way to connecting with my face I sprang into action, parrying his leg to one side and punch-

ing him with all my might in the balls His split second of shock gave me just enough time to grab his gun and disarm him (by breaking his arm). What happened next I am not prepared to detail but I hope this little story emphasizes the importance of understanding human psychology and the value of the element of surprise.

## *MARTIAL ARTS AND THEIR RELEVANCE TO REAL LIFE STREET FIGHTING*

No one ever became a proficient street fighter without a good grounding in what have become known in the Western World as the Martial Arts, but anyone who relied solely on Martial Art techniques for street fighting could fare rather badly.

Martial Arts are considered to be an art Disciples spend a lifetime pursuing that particular art which destiny or skeletal specifications dictated In China the Martial Arts were based on animal spirits such as a monkey for his small stature and speed, or the bear for his strength and large size

As the Martial Arts spread, so the styles diversified. Spiritual essence was tempered with Zen wisdom. Stances evolved and blows developed into linear and sharp or circular and flowing, mostly dependent on how the attacker was perceived. Within a short time the Martial Arts had spread right across the Orient and diversified from the Akidoist, who trained in the art of unarmed defence from attack without sustaining or inflicting injury, to the Samurai Warrior whose sworn intent was to draw blood once his sword had been charged with sunlight.

Although the Arts had developed and diversified they were still effective because they were well taught and well adapted to their fighting circumstances. However, by the early 1970 s, and inspired by a crop of low budget, badly dubbed martial artist films which depicted small men performing incredible feats of gymnastics, the Western World was marketing "Kung Fu" Despite being a rather corrupted and condensed version of one of the "True Ways" it inevitably became popular

Soon there were franchised Karate Schools and Black Belts everywhere But what these artists had learned was a sport. A sport which could form the basis of a very useful street defence but a sport which could lead followers into a false sense of security and subsequent batterings

So often you will hear the martial artist say ... "I lost because he didn't fight fairly " Fighting fairly doesn't really matter when losing means getting beaten.

If you have learned a little of one system then great, but don't rely on it completely What you will encounter in the Dojo, randori or kojo is nothing like street fighting Street fighting can be a lot less polite and prearranged.

Judoists wear special suits (called gis) which have lapels and belts to assist gripping and throwing, - but what of the street attacker? This assailant is unlikely to be easily grasped or thrown and in judo if you can't throw em there's not a lot else left to do except maybe learn a few techniques from some other disciplines.

Most courses will not teach the student any worthwhile routines for some months into the study and even these will probably be largely useless in real life "What" I hear you say ... "USELESS?"

Yes! ... Most Martial Arts are designed for combat against an opponent who is fighting with the same style and technique. Kicks are blocked .. punches are deflected and everyone says "look how well those two can defend themselves " Mostly it was scripted from the training, whereas all real fighting is inspiration combined with skill. Life in the street is somewhat different and to win you have to be adaptable.

Incidentally, if anyone ever tries a roundhouse kick on you don't miss the wide open shots available to you. Either kick their knee sideways ouch ... splintering sounds or go for those rather exposed balls...argh !

One particularly beneficial point about the Western Martial Arts is that they instil character and discipline in the student They can by nature be quite testing in both character and ability and would be worth pursuing for these moral codes alone. Considered as condensed courses to useful training a wise student would do well to achieve a wide grounding in several diverse disciplines

With a working knowledge of blocks, strikes, kicks, throws, grappling and groundwork the student would be far better equipped to cope with a REAL street fight than the devoted disciple of Kwang-Jengo, sold to him as the "One Way" Remember that street fighting is a combination of as many different techniques as you can manage; all focused into its own brand of mayhem.

If you plan to follow a martial sport then the following list may help you select a suitable starting point.

There are at least 400 disciplines claiming to be "Martial Arts" but here are a few of the more widely available and acceptable.

- Akido - means "the way of fundamental harmony within the spirit of the universe" and encompasses the essential principle of the unarmed disarming of an armed opponent without causing injury to either party

- Arnis, Kali, Escrima are of Filipino origin and gaining in popularity in the UK They contains many concepts from Akido but include more contact.

- Bojutsu - combat with bamboo staffs.

- Hapkido - one of the most adaptable Korean karate styles with a balance of throws, locks, hand work and kicking.

• Judo - is about throwing and groundwork, both of which can be useful in street fighting.

• Kendo - combat with split bamboo swords

• Okinawan The home of Japanese karate which includes weapon use and applied defence skills

• Shotokan - more fluid and free than Taekwondo and aligned to speed and strength.

• Taekwondo - a very popular Korean style of karate although more rigid in its training and application than Shotokan. It is a strength sport relying on power blocks and strikes which oppose force rather than redirecting it. It is not really suitable for weaker framed people

• Tang Soo Do - a less rigid Korean karate style with emphasis on hand techniques and throws. Chuck Norris is a Tang Soo Do exponent which may explain his penchant for high spinning kicks which look so good on the screen - where they belong!

These are just a small sample of many martial arts. If you actually took the trouble to read the definitions then you will have realised the stated differences are as subtle as those between Peking and Cantonese cuisine

## *HOW AND WHY FIGHTS OCCUR*

Often a fight starts because neither side have bent far enough to defuse the conflict. This can happen for a myriad of reasons. Perhaps the opponent's egos were too inflated and the loss of pride too much. Perhaps they were stupid, perhaps they were intoxicated

Drunkards are rarely a real problem in a fight because they are so slow you can do whatever you want with them But semi-intoxicated opponents can be more dangerous. Alcohol removes the reasoning ability from people and makes them unpredictable Watch out for this and be alert.

Because of their clutch courage drunks are more likely to get into fights but less likely to actually win. This is because clutch courage allows a person to overestimate his abilities.

When I was younger I used to get into fights for the reasons I have mentioned. In fact I can remember when I realised that it was my lack of maturity, excess of testosterone and excess of beers which led to most of my situations. This was when I harnessed my energy into better and more useful directions including self defence instruction. I now teach that it is better to lose face than part of your face

Another big danger with drunks is that you can hit them really hard but they just won't feel it. Alcohol anaesthetizes pain. They'll wake up tomorrow feeling sore but that's no use to you when you've got to deal with them now. Although drunks might be harder to hurt they are easy enough to trip over and there are some good throws to be learned later in this book

## *Awareness And Avoidance*

Fighting is not a sport or a game. It is a dangerous activity which can incur onerous legal and medical implications for its participants. This means you!

To stay within the bounds of the law you are allowed to use REASONABLE force in your defence. What is deemed reasonable is relative to the scale of attack, so you can't club someone who insults you in a bar, it's just not reasonable

Bear this in mind when you are involved in a situation because in the eyes of the law it could mean the difference between having your freedom and not having your freedom. To the ears of the law threats like ... "I'm gonna kill you, bastard" ... are actually taken seriously. If you utter such predictions and then actually fulfil them you're in serious trouble so remember to engage your brain before opening your mouth. And don't say "I didn't buy this book to learn how to keep out of fights" because if you think like that you are heading for trouble What I'm teaching you is street self defence

Awareness is your Early Warning System. The sooner you are aware of a problem the less likely it is to surprise you. The first step to awareness is not just opening your eyes but actually looking through them So many people live their life like they're running on auto pilot Open your eyes and really look at what is happening. Ask yourself, What's that guy up to over there? Is he looking at me? Ask yourself why. Look and question. With awareness you are avoiding trouble by redirecting the planned route, rather than trying to oppose it

When I was young I was quite a lad By my mid teens I was known all around town because of my regular scrapes with local hard nuts and the cops. I didn't take crap from anyone. Only being five foot seven and a half inches my attitude used to upset taller people who seemed to relate height to respect. I grew up needing to be a street fighter I had to achieve respect in a tough world - a world which could have killed me

Fortunately fate intervened and I met Dr. Lee who showed me the futility of it all simply on the principle that there is always going to be another opponent around the corner He was right If you put yourself up as a tough nut then expect to get tested.

If you've attained maturity of mind you will understand that what I say is correct. You can't go through life fighting everyone, but you must be able to defend yourself Awareness in this sense may simply mean realising what you really have got to do to save yourself ... and is it reasonable to involve that glass ashtray?

Maturity will enable you to defuse situations. Maturity says that if someone stares at you, then you're allowing yourself to fall into a stupid predicament if you decide to out stare them. Just look the other way (but don't look down

as this can be construed as a sign of weakness) and defuse the situation.

Higher levels of defusion could even involve an apology. If this gets you out of a confrontation then why not? After all if he really is an arsehole what does it matter?

If you are planning to extract an apology from your opponent you will be much more successful if you remove him from his friends. An invitation like "You ... come this way" will unnerve him because he won't know what's coming next. He'll have to follow you though or he would lose face in front of his mates. Once he's on his own you both have a chance for an honourable exit.

## *DEALING WITH CONFRONTATIONAL SITUATIONS*

Although you have developed awareness and tried avoidance you may find yourself facing confrontation. In this situation never allow reasonable behaviour to be mistaken for weakness but always allow your opponent a way out. Your stance will signal to your aggressor that you are not a novice if you immediately assume a strong facing defence with your hands and legs ready for action. Study the pictures on stances and follow the routines at the end of the chapters on stance and yours will become automatic and tight.

If you face someone with a good stance they will know that you have done this before. They might even change their mind, but don't bank on it.

If they're still closing on you then remember not to oppose their force, only redirect it. The following two techniques are very useful in real street fighting and are great for weaker people because they do not seek to oppose, only redirect. Aikido pursues harmony by not opposing force and so should you. The Spinning Out and Running the Mark routines are suitable for redirecting an opponent by using his own force.

### *Spin Out*

To believe that where the head goes so the body will follow is to believe the truth. Use the truth to effect a spin out on your opponent by practising with your sparring partner. Place your right hand on your partner's neck and grasp the inner elbow with your left. Now apply forward motion to his head whilst pushing his elbow back and movement should be achieved. The harder and longer you push the faster and further they will move. An effective end to a spin out can be made by sending your opponent into a solid object.

### *Running The Mark*

This movement is similar in principle to spin outs only slightly more linear, which means a little more strength is required.

The technique is to use your opponent's weight against him by building up momentum as you manhandle him in your chosen direction.

Running the Mark might not be as fancy as spin outs but can be just as brutal. Once your opponent is moving you have several choices. You can send them into a solid object or you can trip them up into that solid object. As you are moving them forward go for their feet and try to unbalance them. Tripping people into solid objects is very much more effective and will leave you time to make your escape.

If you practise these moves you will begin to lose your natural inhibitions towards actually embracing strangers. If you have to be confrontational then mean it. Here's a couple of Akidoist moves which I remember being effective in previous encounters.

### *First Strike*

If you want to end a fight almost before it has begun then you need to bridge the "gap" as quickly as possible. The idea is to close the distance between you and him with your body so that you can break through his defence and wrap it up. There are many different ways of doing this, (my previously mentioned little incident in Miami being just one) but the most common is probably using a low kick and then closing in with hand tactics. Alternatively you could feint with the hand and use a kick-attack. Another method is to slip past his attack and bridge the gap using the feet.

Bear in mind that the actual distance between you and the attacker is actually a weapon. He has to get within range in order to attack you. You need to develop a "feel" for this range or gap. You have to be able to get within your perfect range while trying to stay out of his. You do this by weaving, closing in, leaping out, avoidance tactics, blocking and learning to use your feet well. When you train with

your partner stay aware of these gaps between you and note at what distance your blows are most effective. Practice slipping quickly out of his way once you have delivered your blow or in order to evade his. As you keep on practising, you will develop sensitivity to the gap between you and an opponent, especially if you are up against a guy who likes to kick.

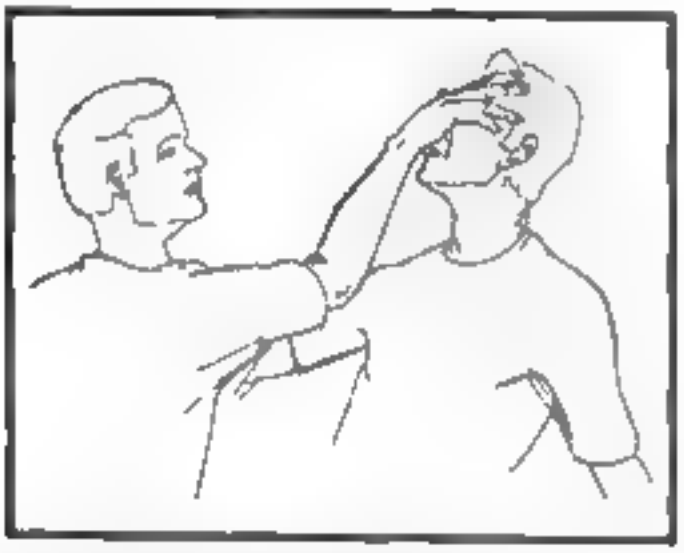
## *Moving People*

People don't like being moved by parts of their anatomy and will generally follow the direction in which you take them.

• If you really want to unnerve someone try putting your finger up their nose and pulling them by the nostril. To do this move effectively you have to forget all about where your finger is going, you can always wash it later. Think only of getting hold of a nostril and pulling them along by it.

• A finger in the ear is also effective for getting attention and movement out of people.

• To get an aggressor to move backwards try using a V Palm to the nose. Form a V between the thumb and the first finger and use this to lift your opponent backwards by his nose. It's very painful and you will not succeed in lifting many people because they will retreat backwards on their own.



Attacks to the head are better for taller folk, of which I am not one. Notwithstanding this I was an effective street fighter because I knew my limitations and fought within them. The best way for a shorter person to move a heavier or taller attacker is with their balls.

• Now as crude as this may sound it's often how life on the street is. If you're going for Genital Lifting then make it focused and effective. Really get hold of them. Really yank them ... And really lift by them. Again, you can wash your hands later.

# *ESSENTIAL PRINCIPLES OF STREET FIGHTING*

The essential principle of street fighting is survival. Without this everything else becomes rather unimportant. Women are generally less strong than men, whilst big people tend to pick on little people. These are realities of life.

To ensure your survival you must fight at a better level than your opponent and if this is not possible, then a 'lower' level. The best way to beat trouble is to avoid it. If you can run away then do so; but if you do have to fight then do so to the best of your abilities.

If your abilities seem to be lacking and you find yourself losing then you must be prepared to move the goal posts. There are no referees or rules out on the street. You must remember this and always fight to the level required to overcome an aggressor. If that means hitting him in the side of the head with a rock then so be it. If it ensures your survival then the law will understand.

When you face your adversary hope that he is a thug rather than a trained fighter. Thugs will be loud mouthed, overconfident and going for the one punch win. Let this work to your advantage and you will overcome them.

Despite the necessity of raw venom in fighting it is more important to use your head. This doesn't necessarily mean head butting but thinking. If you think before you act then generally you will be more effective, which in fighting parlance means successful. However, let an opponent dictate the course of a fight. This means taking the lead after the trouble has started. All the time you are tying his brain up you are distracting him from his prime directive which was to hurt you.

• If you're smaller then you are generally better closing on a larger adversary whilst the opposite is true for larger defenders. Notwithstanding these rules of thumb it's no good closing on your opponent unless you intend to do something. In fighting there is no more deadly move than the half completed one. It leaves you off balance and your defences wide open. Always be committed to your move.

Similarly whilst a larger person is better off keeping a smaller adversary at bay this is only true if you are hitting him. It's no good hanging back and retreating because one of those incoming punches may land. You must hold them back and either hit him or restrain them.

• I always recommend that my weaker students slap with the palm of their hands or the edge of a clenched fist rather than punch. If you hit someone's head with a poorly formed fist you are likely to break your wrist rather than hurt the target.

If not used for running then your feet are excellent for kicking. Feet are heavier, tougher and more outside your opponent's field of vision than hands and should be used to get into your opponent's targets.

Many fights end in a grapple to the ground with both opponents ending up on the floor. In this situation you will have to wrestle but if things start going against you then don't forget all the nasty close in moves available to you. Bite, head butt, gouge and pull his ears. In fact do anything which is necessary to deter him from his attack. Remember what I said at the beginning — without survival you've got nothing.

## *Some Commonly Taught Nonsense*

There are many incorrect beliefs expounded about combat and defence, mostly depending on what the exponent is trying to sell.

The Martial Arts portrayed themselves as the "True Way" to self defence, and some of the techniques are just this. For example the throws from judo and disarming techniques from Akido are excellent. On the other hand, however, some of the techniques were only really perfected for the cinema and should be left there.

In real Street Fighting you should never kick above the waist and sensibly only ever kick at feet or shin level. You should forget all about roundhouses which are for points, street fighting is for real.

Not once, but twice I have been confronted by so called martial arts "experts" who have tried to put me down with a fancy backwards spinning kick, only for me to avoid block the kick and put them down, and hard - Suckers !

Turning your back in an attempt to perform a fancy martial arts movement on a fast attacker could be the last move you ever make !

A novice fighter believes in two things. The one shot win and the one shot win to the balls. His belief in these moves may be because they were effectively used in the past, but they are for the beginner. Once you have built your guard correctly you will not need to look for the lucky win ... you'll be relying on skill, although never reject a little luck.

• Weapon assaults are not foregone conclusions in favour of the attacker as most people suppose. Armed with a weapon an attacker will focus his entire attack through the weapon. Defeat the weapon and you have usually defeated the attacker.

Let me clearly state that you do not have to become a master warrior to defend yourself. Of course it is obvious that you will need to train to understand the concepts of the routines but all the routines in this book are picked for their simplicity.

As I have stressed throughout this book you must remember that simplicity succeeds on the street where you don't fight for long enough to warrant complex attacks.

The typical fight starts from the face off. At this point either party can move forward with the opening strike which will usually dictate all hell breaking loose. If you manage to keep your head together then you will see what is going on but mostly it will be a blur of fists and feet. Within the next 6 to 8 seconds there will be attacks and counter-attacks before the opponents will either break or move to grappling.

If you were fighting me then we would be grappling. If you're fighting a bully then they're more likely to be concerned with a break for damage assessment. Now you have the option whether to take the fight back to him or run away.

Had you moved into the grappling phase you could by now have thrown your opponent, landed on him, and be in the process of restraining him.

Whether restraining him involves battering his face into the concrete or asking him whether he has had enough is up to you.

Some of the Martial Arts rely heavily on joint dislocating, bone breaking, ligament tears and pain being inflicted on damaged areas. These are impossible to test on sparring partners and therefore impracticable for your armoury. The street is not the place to find out that a technique doesn't work.

## *The Ambush*

As we all know bullies don't actually like fighting if they're uncertain of winning, but if pressed into action they will most likely resort to an ambush.

A coward's preferred attack will be to your blind side in the hope of causing sufficient damage in the first few seconds to render you senseless.

East End folklore, perpetuated via boxing trainers, holds that Ronnie Kray's favourite ambush was to offer a cigarette to his intended victim. When the victim opened his mouth to put the cigarette in Ronnie would land a right hook to the jaw. This would inevitably break and then hang open at a silly angle. It wasn't that Ronnie had such a powerful punch which made him such a jaw breaker; it was the fact that 9 out of 10 open jaws break when hit. The best

defence against a broken jaw is to keep it shut, tucked into your chest and don't accept cigarettes from strange men.

This story seeks to illustrate that the ambush does not need to be 4 guys lurking in the shadows. In fact that's rather a cliché for an ambush. In these days of rising personal attack the ambush is more likely to take the form of an innocent approach. A request for the time or directions to Doncaster can all hold sinister undertones.

Without wishing to sound paranoid there are a lot of punters out there. If a stranger tries to stop you late at night to ask directions then don t just deck him with a hammer fist - that's paranoia. Answer his question but be alert. If you think he is a nutter then just keep on walking.

I once saw a bumper sticker which said ... "It's not that I'm paranoid - it's just that I know they're out to get me." Awareness is your defence against any ambush which means keeping your eyes open and being cautious about where you walk. Remember that you can t avoid an ambush until you spot it, but once identified it has lost the essential element of surprise

## *Using Surprise To Your Advantage*

Surprise can make all the difference between victory and defeat. Remember that the guy who attacks you has done so only because he thinks you are a victim. So if you beat him to the draw or land a powerful blow before he even gets his hands up you have gained an important advantage. He is expecting a victim, not an attacker

If you have had extensive training in some sport or competitive activity, you will probably have all kinds of "polite" habits that will work against you. Street fighting is not a sport. It is not conducted in controlled, antiseptic conditions. You must programme out of yourself sportsman s habits of advertising their moves. Each sport has a set of accepted moves and whether you realise it or not, as you intend to embark on one of them you are actually signalling your intention by the body language you adopt.

Giving advance warning of a move on the street could spell your death certificate. For instance when a guy drops his shoulders, he may be about to sling a punch. So watch your body language.

A very effective surprise tactic is actually signalling a move you are not going to make, and then following up immediately with the real action. For instance, pretending you are frozen in panic, or are injured. Most attackers will self-confidently and even derisively put their guard down. Then you can explode in on them. You can do this verbally too. For instance, you can try to "reason with the thug - pretending you are ill, claiming you have a dicky heart. "Please let's try not to argue..." then let him have it when he least expects it.

I recently watched a video of the movie "Far & Away" which starred Tom Cruise as a nineteenth century prize fighter. I cannot say it was one of the better films I've seen in my life, but it was interesting to see that whenever Mr. Cruise, or rather the character he played, landed himself in trouble, he would always manage to get the first (usually devastating) punch in. Immediately before he threw this killer punch he would say to his aggressor "I don't want to fight you" - and then Wham! Whenever you heard him say those words you knew what was coming.

In other words it is doing the unexpected that floors the opponent. It is hitting first. Or hitting three times when he is expecting you to run. A loud shout as you attack unnerves most thugs. Suddenly reversing direction and attacking from a different angle confuses them. Spend time developing tactics that use the unexpected and unpredicted.

Make sure that you employ ruthlessness and the tactic of relentless attack. This in itself will unnerve the thug since he has been expecting a victim, not a counter-attack

I have even been in situations where I have pretended to turn my back on the bully and have started to walk away from him. Don't try this unless you have honed the skills I have mentioned before now. Your response, anticipation and preparedness must be so sharp that you can feel the guy move behind you. You know that he is coming up from behind to let you have it. That is where you let a back fist fly into his face. The exercises in this book will tell you how to let that come, powered by a swinging arm and rotating hips.

Here's a trick punch so old it's got hair on it. Everybody knows it but it still works 90% of the time

Take a confrontational face to face situation, when it becomes apparent that the argument is escalating beyond the verbal stage, and you have made the decision to strike the first blow, raise your tone a little in the next verbal exchange (to take command of that phase of the confrontation) and tell the bastard that he is so screwed up that he doesn't even have his shoes tied. Naturally, you will have previously made sure he is not barefoot or wearing boots. Point to his left foot with your left index finger as a non-verbal command.

When he looks down - and he will - hit him with an uppercut to add as much torque and body weight as possible to the blow. If you catch him flush on the nose, he will fall straight onto his back.

You will learn how to use the surprise element ever more effectively as you master the various moves and tactics. Because they will have become practically instinctive, you will have trained yourself to strike quickly and powerfully before your opponent has a chance to close in. Anticipation and practise in understanding body language are essential skills. Train with a partner. Practice watching his body movements before a blow so that you can interpret his next move. At the same time this will help you train yourself not to signal your next move with that kind of body language.

Bear in mind that a blow that comes from outside the thug's field of vision will be a lot more effective than those he sees starting up and heading for him.

Surprise is the essential element of any successful ambush. It means doing something to your opponent before he has any warning of it or is able to take counter measures.

The Pre-emptive Strike is an excellent example of surprise. In the past I have used this tactic to finish situations and it always seems to work.

Imagine the scenario where you have tried to be conciliatory to someone for the sake of peace. You have tried to calm things down and walk away. But he won't let it lie. As you turn your back to step away you notice he is coming after you. This is the time for a pre-emptive strike. My favourite in this situation would be a back fist to the nose. Whilst not as damaging as an overhead shot it will stun your assailant and set your elbow up nicely for the solar plexus.

The separate chapter on Back Fists will explain them in more detail and as you practise you'll notice that the power comes from the swinging of the arm and the rotation of the hips. As your movements become more fluid so the momentum in the blow increases.

Using a pre-emptive strike should mean that you have time to select, evaluate and programme in your target. This means that it should be a skilful, well executed blow which connects on full power. Pre-emptive strikes should not be wild.

In fact, having so much time to select your shot you should also have been able to disguise it. Dropping shoulders usually indicates that the fists are on the move and serve as an early warning system. The next alert to an incoming missile is actual visual contact. This means seeing it and actually realising what it is.

Blows that begin from outside your opponent's field of vision have a much greater chance of connecting without detection. In the fight business this is called blindsiding. It is a useful technique to know about and use.

The back fist in this scenario illustrates the difference between circles and straight lines. The fist travels in a circle collecting energy and collides with the face which is travelling forwards with the body's momentum. For the nose it's similar to running into a brick wall!

## *The Importance Of Targeting*

"In an initial war situation you can only launch so many missiles. These, however, must be directed at the most effective targets ... which we have identified. We've been planning this for ages!"

"Stormin" Norman Schwarzkopf - Commander Of U.S. Forces During The Gulf War

To make your combat most effective in the opening stage of the battle you MUST make your shots, or 'missiles', as Stormin Norman said, count. This means targeting. The untrained fighter, sucked unknowingly into a situation will often open with a Tornado Technique in the hope of a lucky one punch win. Even if the Tornado does connect it is unlikely to do much damage because such a fighter is so unfocused. Never rely on luck ... only skill.

The Tornado is from the unharnessed animal which lurks inside everyone. It is this power which, although driving the Warrior Instinct, must be trapped to focus the Warrior Energy. With control the fighter attains FOCUS which is very useful for TARGETING. Inside the Zen world it's called focus whilst outside it's called training.

7 or 8 seconds into the fight and the Tornado will have run out of wind. If you are that Tornado then this is when you will think ..

"CHRIST ... I don't think I hit him ... He's still standing ... OH SHIT!"

This is the time to turn on your heel and run away because otherwise you're going to get pummelled. If you make it home alive it really is time to read this book .. and practise what is written herein!

## *THE BAND, THE LINE AND THE TRIANGLE*

The easiest way to retain information is to visualize it. To form it into a picture which you can then recall to your mind's eye.

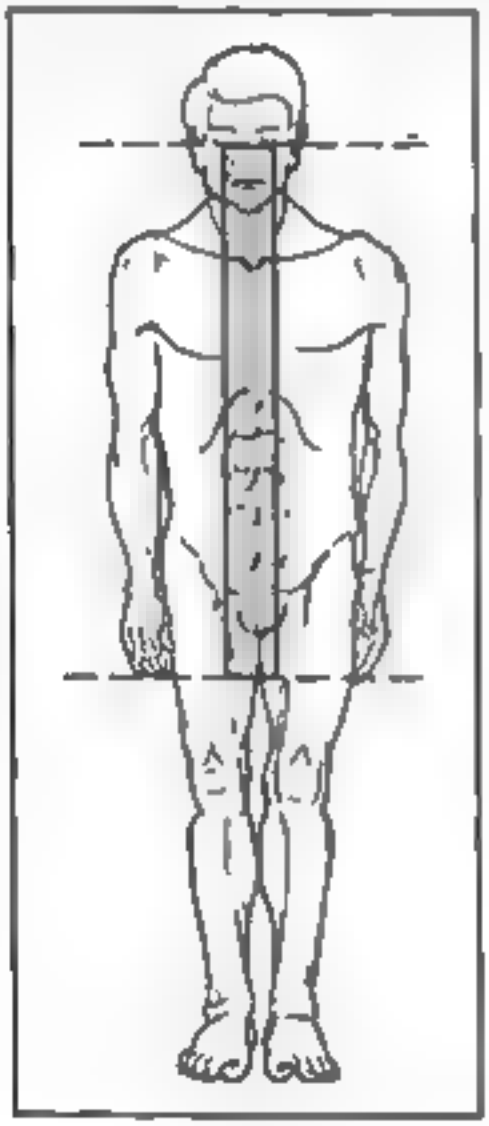
The following diagrams illustrate what I was taught to visualize by my Master and what I now retain in my mind's eye. When I face my enemy the shaded areas automatically appear like cross hairs in a sight. I am in combat mode but I am still in control and able to use my brain. I know where to send the missiles and practise has ensured that the missiles will connect.

The target BAND runs from ear to ear and includes the temples, eyes and bridge of the nose. The ears are an ideal target for the less strong because all that is required for a burst drum is a cuffed hand or a slap to the side of the head.

• Moving across the head one finds the eyes which, whilst protected from flying fists do not take kindly to gouging thumbs.

• The temples and bridge of the nose are high value targets which are hard to hit without the correct "missile"

• The target LINE drops from the nose, as your punch should, to the jaw, the throat, the solar plexus and the balls.



• When shut the jaw is a very solid, mostly unbreakable object which is why boxers clench their teeth together. However, when open, the jaw is very vulnerable to breakage.

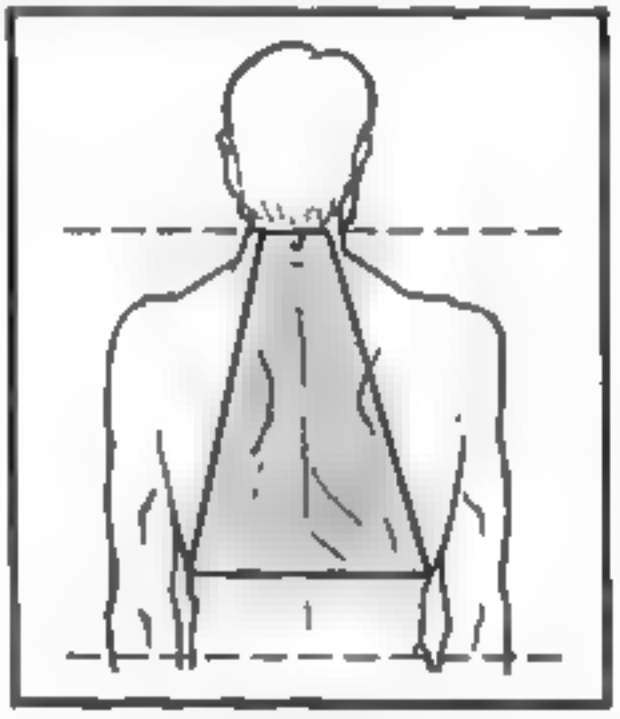
• Keeping your chin down also tends to act against blows to the throat which lies on the LINE. These can be devastating. A horizontal fist or open handed chop to the front of the throat will drop most opponents with breathing difficulties. It is not difficult to do but you must learn the correct technique and distance with training. It is useful to be aware of it as a potential incoming missile and build your defences accordingly.

• Whilst you're looking out for incomings be aware of hand chops to the side of the neck and clavicle which can have a very unsettling effect on your own supply lines.

• The clavicle is one of the easier bones in the body to break along with the strongly named xiphoid process. This is next down on the LINE. Hanging on the end of the sternum, and pointing towards the solar plexus, the xiphoid process will break off with a direct punch. Should the XP pierce the diaphragm it will go into spasm which can lead to suffocation. An intended winding punch to the solar plexus could do this so cover up your XP

• The line ends at the balls which are a great, but much overrated target. If you ever get hit with a cheap shot to the balls then reconsider your whole attitude to defence and stance. Only novices try to win fights with this obvious and expected shot. Notwithstanding what I have just said ... if they leave 'em swinging, then set 'em ringing.

The triangle is projected on to the opponent's back. Its top point is the rear of the neck and the lower points coincide with the kidneys. Whilst the back of the neck is another advanced target requiring special shots, you can hit the kidneys with any kind of blow.



• The kidneys are excellent targets which, when bruised, will leave your assailant with a memory of his errors for some time to come. Being tucked away around the back they only usually present themselves as a target when the fight has progressed into the grappling or groundwork stage. Then you should endeavour to hit em with anything ... a fist ... an elbow ... knees or feet. The more pointed the blow the more penetrating it's effect. An effective blow to the kidneys will take the fight out of most people

The first step in effective street fighting is to learn the targets because a knowledge of these will enable you to make the most effective use of your own missiles; whilst still being alert enough to know what to protect.

If you strike your target with accuracy as well as with force you will achieve maximum impact. You might not be too accurate, but still deliver a lot of force and though the damage is not what you originally intended, it will still have quite an effect. Knowing the most sensitive target and what effect an accurate blow will have is vital to the swift termination of a confrontation.

The areas of hand, line and triangle contain the main targets where you will achieve maximum effect. When you

centre the crown just behind the hairline where the front and side bones of the skull join, you can strike your opponent into unconsciousness because of the shock to the cranial nerves. You could fracture the skull or even kill him if there is internal bleeding and shock. If you hit the top of his head you could concuss him or cause internal haemorrhaging that could lead to death.

Hitting the forehead can rupture blood vessels that will make the eyes swell. If you cause concussion then there could be brain damage. If the frontal bone or sinus cavity is fractured then you could cause brain damage if bone splinters enter the brain or even death.

Connecting the temple could sever the artery that carries blood to the membrane around the brain and this could lead to coma and/or death. Any fractures here could send bone splinters into the brain causing concussion or death.

**Sockets And Cheek Bones:** A blow in this area will cause severe watering of the eyes. Any fracture in this area will be intensely painful and might even make the guy pass out. The brain could be affected by shock so that he loses control of his nervous system.

**Eyes**: Hitting the eyes might cause temporary or even permanent blindness as well as severe watering and intense pain.

**Ears:** Apart from causing concussion, you could rupture the eardrum. Not only will the pain be tremendous but the guy will probably lose balance too. Hitting him behind the ears just above the lower jaw can cause unconsciousness because of shock to the cranial nerves and spinal cord and concussion. If the head is snapped at an angle you could even break a vertebra or crack the skull.

**Nose**: Hitting the bridge of the nose could fracture it and cause haemorrhaging and temporary blindness as well as severe watering. If the cranial nerves are affected, which is more than likely, then there can be brain trauma and probable unconsciousness.

**Hair**: Twisting the hair can be extremely painful. Simply grabbing a handful of hair and pulling it down hard is an effective tool to assist with a take down technique. Another method which is even more painful involves twisting the hair at the roots, (an area where the nerves are quite sensitive). Grab a handful of hair on each side of the attacker's head. Clutch all the way to the roots, and jerk your elbows downwards while twisting his hair. Continue to twist as you pull him to the floor.

**Jaw Area:** Connecting the area below the nose on the upper jaw and just inside the lip of the nose will cause intense pain and damage to the cartilage and septum. The eyes will water uncontrollably and you might even dislodge some teeth as well as splitting his lip.

If the blow is not angled upwards you could cause an upper jaw fracture that will probably poleaxe the guy. The cranial nerves will be badly traumatized and this could even lead to respiratory paralysis and death. If you have dislodged teeth they could even get caught in his trachea so that his vocal cords go into spasms and block off the air supply.

**Lower Jaw:** You could cause unconsciousness because of the impact on the cranial nerves, dislocate the lower jaw and make the eyes water, fracture the jaw or even fracture the cheek bones if the blow is angled upwards.

**Neck And Throat:** Hitting the muscles on the side of the neck will make the throat contract. If you really connect him with force you might even break the hyoid bone in his throat and sever the trachea or cause nerve damage. You could even cut the jugular or carotid thus diminishing blood to the brain. Obviously death is a possibility in this case.

If the neck muscles go into spasms, the jugular and carotid will be shut off and this could cause blood clots as well as brain trauma. Alternatively the nerves in the front of the throat could be damaged, or you could rupture the thyroid gland. This will cause choking and even unconsciousness.

If you hit the point where the collar bones meet, a kind of hollow between the sternum and the so-called sternohyoid muscle you could fracture the collar bones. Your opponent will not be able to use the arm on the side of the fracture. Bone fragments could break off and cause internal bleeding in the larynx or the trachea could block off causing choking and possible death.

A blow to the nape of the neck will cause severe shock to the brain, spinal cord and cranial nerves. Concussion and death could result from muscle spasms and whiplash. If the vertebra is broken then the guy could end up paralysed. A forceful strike could sever the spinal cord, and will cause death. Any other fractures of the spinal cord could end up with paralysis or at the least loss of consciousness.

**Collar Bones:** If you break one of the collar bones, apart from losing the use of the related arm, the guy could suffer internal bleeding and even gangrene if the relative nerves and arteries are affected. If the fracture is bad, bone splinters could even penetrate the lung.

Hitting the chest where the clavicles connect with the chest plate could fracture the tips of the clavicles and drive splinters into the lower trachea as well as making the attacker lose his breath. Fracture of the upper sternum could also drive splinters into the lungs.

If instead you hit the sternum, there will be huge shock to the heart, lungs and pulmonary artery resulting in shock and respiratory failure. If the sternum is fractured bone splinters could go into the internal organs resulting in severe haemorrhaging.

The xiphoid as already stated is at the end of the sternum. If it is broken and driven inwards it could also penetrate internal organs. At the least there will be severe shock to these organs.

**Ribs:** A blow just below the nipples on the left could shift the heart and lead to death and will at the least cause temporary loss of breathing. Hitting the same area on the right will affect the lungs with loss of breathing and unconsciousness, even death.

Damage to the upper rib area will cause unconsciousness as breath is driven out of the lungs. It could rupture the lungs or other organs. If you break any ribs, they could be driven into organs causing bleeding and death.

Hitting the area at the right side around the seventh and eight ribs will cause severe shock to the liver. On the left it will affect the stomach and spleen and probably the lungs and heart as well. Obviously splinters could cause internal bleeding and death.

If the blow is in the area of the abdomen, lower back area around the ninth to eleventh ribs, you could easily rupture the spleen and cause bleeding, loss of consciousness, and even death. Again rib splinters could pierce the spleen.

**Diaphragm**: Damaging this area will cause loss of breath, unconsciousness and probably rupture to internal organs which could lead to death.

**Bladder:** A blow here will affect not only the bladder but the small intestine and the relative blood vessels and nerves. If the bladder is ruptured then urine will enter the body cavity with severe toxic effects. If the pubic bone itself is fractured splinters could be driven into the intestines.

**Kidneys:** A ruptured kidney will lead to internal haemorrhaging, severe pain and coma if not death. Splinters from broken ribs could result in the same consequences. The impact could even affect other internal organs in the area.

**Groin:** Damage to the testicles and groin will cause loss of breath and severe nausea. Pain from ruptured testes will induce vomiting, unconsciousness and even death. Splinters from a fractured pubic bone could be driven into the intestines or bladder.

**The Back:** Hitting your assailant between the shoulder blades could cause severe shock to the lungs and spinal column. He will lose breath and probably movement too. He might even suffer permanent partial paralysis.

Hitting him in the middle of the back could paralyse him if the vertebra is fractured. Otherwise you will cause trauma to the spinal cord, lungs and aorta so that he loses breath and is temporarily paralysed.

A blow to the lower back will traumatize the kidneys and relative blood vessels and nerves. He will probably be paralysed for a while. If the vertebra are broken in this area then he could be permanently paralysed from the break downwards.

**The Coccyx:** Connecting this point will affect the whole spinal cord and result in brain trauma. The intense pain will probably end the fight.

**Lower Buttocks**. The pain here will come from a blow to the sciatic nerve that will affect the abdomen and hip and cause loss of motor function.

**Joints:**

**Shoulders:** Fracture or dislocation results in loss of the use of that arm, not to mention the pain and shock.

**Elbows:** may be dislocated when the joint is straight or under strain or tendons could be torn. Alternatively the humerus could be broken.

**Wrist And Hand:** If the nerves inside the wrist are attacked the trauma could cause pain to the chest and throat. In addition your assailant will not be able to use his hand.

The areas on the back of the hand between the thumb and index fingers as well as between the middle and ring fingers are especially vulnerable. The affected nerves cause pain to the chest and throat and loss of motor function. If a bone is fractured then he will not be able to use the hand effectively.

**Thighs:** An attack on the inner thigh will affect the nerves and arteries here, causing pain in the hip and abdomen and loss of motor ability. You could even dislocate the hip.

If instead you connect the side of the thigh you could again dislocate the hip joint which is similar to the shoulder joint. Torn muscles will result in spasms and he will be unable to use the leg for a while. If nerves in this area are affected, he will experience intense pain in the hip and abdomen. Fracturing the femur itself will obviously bring the fight to a rapid halt.

**Knee Joint:** You will not have to break the femur, tibia or fibula for him to lose the loss of his leg. A sprain or torn muscles or cartilage will do the same.

**Shin:** Scraping and tearing the shin will cause intense pain and swelling. Striking hard enough could fracture the fibula or tibia.

**Top Of The Foot:** You could affect the tibial artery which will cause pain in the hip area and lead to loss of movement. A sprained or fractured ankle will also bring him to a halt and he could even lose the use of his foot permanently.

**Instep:** Damaging the nerves and artery in this area will cause intense pain in the leg, hip and abdomen resulting not only in the loss of motor ability but even in unconsciousness. If the small bones in the foot are fractured then he will not be able to use his foot at all.

**Outer Arm:** Hitting him between the biceps and triceps will traumatize the ulna and median nerve and blood vessels that will send pain shooting through the upper arm, chest and neck probably making him immobile. He could have muscle spasms that will have the same effect.

**Back Of Upper Arm:** If you deliver a blow under the elbow you could cause muscle splinters that will paralyse

his arm by connecting clusters of nerves close to the skin.

**Back Of Lower Arm:** Striking him just under the elbow where there are similar nerve clusters will cause the same kind of pain as described above. If on the other hand you break the radius or ulna he will experience partial paralysis and the loss of the use of the hand.

**Back Of The Wrist:** Hitting the nerves will make him lose the use of his hand. If you ram his wrist back on itself you could fracture or even shatter the joint or even the ends of the radius and ulna.

All of the blows described above will cause severe pain which itself might be enough to stop the fight. Hitting any of the targets in the face will make your attacker lose his co-ordination and probably lead to loss of consciousness too. It could even lead to death.

Any strike in the area of the upper abdomen, will deliver severe shock to internal organs and relative nerves. Shock could cause him to pass out and trauma to nerves could also cause loss of motor functions or breathing.

## *ANGLES OF ATTACK*

These are the areas or gaps you have to cover to defend yourself properly and the ones you should try to penetrate in order to connect your assailant. As you concentrate on these angles and practise shooting through them until your speed is deadly and your accuracy sure fire. Eventually you will develop sensitivity to these angles and your reaction in exploding through the gaps in your opponent's defence will be instinctive.

• From the top - If you use a weapon or the bottom of your fist this is the angle you will probably come from. Seldom used as an opener

• From the bottom - This will generally start out of your field of vision, such as a low snap kick from the front or an uppercut

• Straight on - Probably the most common since the quickest route to the target is the straight one

• From the left - A hook or round kick from the side could be coming from the blind side and is generally difficult to spot.

• From the right - As above

## *Positions of Balance*

If you overreach or in any way overextend yourself, you run the risk of being caught or dragged off-balance. Be sensitive to these positions and you will be able to take advantage of an opponent who slips into them.

• Forwards - Beware the danger of leaning forward on the balls of the feet - a shove or push will unbalance you.

• Backwards - Leaning backwards on your heels, perhaps even with toes off the ground. An easy position to take advantage of - with a slight shove your balance will go.

• Right - Leaning on the outer part of your right foot, you can easily be unbalanced to the right.

• Left - As with the right.

• Forward right - At approximately 45 degrees between forwards and right, you are on the ball and front part of the right foot and can be easily tripped or shoved to the right.

• Forward left - As with the forward right.

• Backward right - At approximately 45 degrees between backwards and right, you are balancing on the outer back part of your right heel and can be easily unbalanced and shoved backwards.

• Backward left - As with backward right

You need to practise these positions so that you can feel and see for yourself the danger of becoming off balanced. It is advisable to train in front of a mirror so that you will also be able to recognize these same positions when your opponent slips into them and can learn to take advantage of them quickly.

## *Field of Vision*

It is not a good idea to keep your eyes fixed just on your opponent s face or eyes. There is a weird kind of fallacy that a thug will always reveal his next move by the expression or the movement of his eyes. If you believe that, then you'll find yourself flattened out on the pavement by a low kick that came up from the bottom, out of your field of vision, since you were so busy staring into his eyeballs.

"Peripheral" vision is the area that you can actually see, though not in fine detail, at the sides of your face and body when you are looking straight ahead. To take the fullest advantage of your own peripheral vision or field of vision, you need to keep your eyes in a mid-level position, so that you can catch blows coming from the bottom, top or side.

If you want to become more aware of your field of vision and learn how to make maximum advantage of it, then practise looking straight ahead and slowly moving your hands away from the centre line of your body. Keep moving them to the side until they slip out of your vision altogether, but keep your eyes looking ahead, don t turn your head or your eyes to follow either one of your hands. As you keep practising this, you will be becoming more sensitive to movement in your field of vision as well as actually increasing, though perhaps only very slightly, the actual range of your peripheral vision. This exercise will also help you to keep your eyes fixed on your opponent's midriff during a fight, instead of being distracted by feints he might use so that he can slam you from what will then be a blind spot - the other side.

You can practise this with a partner as well. As he attacks, keep your eyes fixed on his solar plexus and block his hand movements towards you. If he tries to come round on the side of you, then shift your position so that you stay facing him with your eyes still centred on him. Have him attack from all five attack angles I described above.

## *Guarding And Blocking*

To block these attacks most effectively, you must guard your body, keeping your hands, arms and elbows in the best position. Never forget that there are no controlled conditions in street fighting, so there is no "ideal pose" or "perfect position". You have to be versatile, you have to develop instinct and sensitivity so that you can adapt to what you are facing. However, if you have already assimilated all these various guards and blocks, then you will be automatically assuming the one that is best for the situation you are in at any particular time.

Different ranges or gaps will obviously call for different kinds of guards and blocks. As you train with your partner, you will become more sensitive to what fits where.

## *Guarding Close Up*

If you haven't got much room to manoeuvre or if you are at quite close quarters with your opponent then this is the guard for you. It will enable you to move either arm quickly for any strike or block.

As you lead with the left side, drop your left hand with the palm towards the ground and keep your elbow bent and your arm close to the body. Your right hand should be close to your left shoulder as you move it to the left of your face, keeping the palm also to the left and the elbow bent close to your body. If you lead with the right then the same applies with your right instead of your left hand and your left instead of your right.

## *Guarding From The Middle*

This is best for initial contact and for attacking when you have room to move around so that you can make your opponent keep his distance by kicking and striking with your lead hand. Your elbows must be tucked in close to your body while your arms and hands reach out to block attacks before they penetrate your defence.

If you lead from the left then your right fist should be clenched and ready for counter-attack. Keep your fist more or less level with your chin, your head up and your chin tucked in a bit. Protect your jaw and throat when you strike by turning the chin into the shoulder of the attacking arm. Your leading left hand can be clenched or open but held at about mid biceps level with the arm slightly bent so that there is about a ninety degree angle between the forearm and upper arm. The opposite applies in all cases if you lead with the right.

Watch your attacker carefully and study his own hand and arm moves. If you see him prancing around and fancy foot working, making all kinds of weird and wonderful gestures in the air and making strange noises then you have yourself a lulu and if you watch him carefully you can wipe the pavement with him - he does not know as much as you and thinks to impress or intimidate you with his show. Keep your lead hand in slow movement and this will generally be enough to distract him so that you can hammer him from another direction with the other hand or one of your feet. If he crosses into your defence range then let him have it amidships. Most thugs at this point will decide they have better things to do and will leave.

Read the chapter on knockout punches very carefully. The technique of relaxation as the arm travels and tensing up on contact is a very valuable one, enabling you to pack a formidable punch.

## *The Reverse Punch*

In this move, you use the rear leg to drive forwards, thus creating a very powerful blow. You can use it as a surprise attack, as already explained, or as a counter punch from the non-leading side once you have blocked or avoided your assailant's initial attack.

Lead from the left with your hands at middle guard and relax, breathe deeply. With your hips slightly backwards to the right, straighten your right leg with a rapid movement, shove your right hip forwards and move into a left forwards facing position. This is the beginning of the vital movement of your hip to the front. As it moves forwards, bring your right shoulder to the front too so that your arm comes forwards in a straight line, elbow well tucked in. Lock your wrist and tense the fist on impact only - at all other times you must be totally relaxed.

This will have produced acceleration and thrust that will make your fist like the leaded end of a whip. Concentrate on driving your blow through your target. If you have relaxed before impact, there will have been no drag on the actual movement, so reduction of speed. Then as you tense up on impact and project your strength into the blow you will produce a powerful force that will send shock waves right through the attacker's body.

Relax immediately and recover to middle guard so that you are immediately ready for the next blow. To gain maximum advantage from this punch, you must be able to gauge the best attacking distance. In other words you mustn't be over extended when your fist connects. Your arm should still be slightly bent.

Read again the chapter on speed, because the speed of delivery will increase the force of your blow.

# *HOW TO KICK - WHY YOU SHOULD NEVER KICK ABOVE THE WAIST*

The essentials of a kick are stability, targeting and recovery; to which training adds focus and no broken toes. Without a stable stance from which to kick you are only adding to your personal danger in street fighting.

Once again the movies have been very guilty in over familiarizing the Martial Arts through their portrayal of living Ninjas and flying backward kicks. Real street fighting is just so different. In fact, if there were rules to Street Fighting one would certainly be that you always kick below the belt. For your own safety you should never attempt high, flashy kicks. When they fail you will feel silly and when your opponent lands a slammer through your open defence you will feel sick. Any opponent who uses high kicks on the street has obviously had no real experience and you should try to be nice to them.

Remember, kicks should always be below the waist and preferably be at foot or shin level. The higher you try to kick the more unstable you are likely to become.

Knowing where to kick is useful but knowing how to kick is essential for both causing and avoiding injury. In an ideal world you would have remembered to put on your size 12 steel toe capped boots before fighting, but alas ... you find yourself bare foot.

Martial Arts emphasise the importance of correct kicking not only for power but also for safety. It is remarkably easy to break your own toe when kicking an opponent ... and rather awkward.

• All kicks are delivered from the ball or heel of the foot with the toes raised up and out of harm's way. Kick like this and you will find kicking opponents remarkably painless, whilst your target will think he has been hit by a hammer.

• The next essential to a successful kick is recovery. Recovery means kicking and getting your foot back from the action without your opponent grabbing it or losing your balance. The higher the kick then the longer or less likely is your recovery and until you have recovered you are not able to nail the next one on him.

• If an opponent aims a high kick at you, try to grab hold of his leg. If you can do this he is then at your mercy. Running at him while forcing his leg upwards will floor him.

• Being so solid, parts of the legs are also good for defence. The femur (thigh bone) is the strongest bone in the body and is protected by substantial muscle groups which can take a fair amount of pounding. Any kicks aimed here will be absorbed relatively unnoticed. Bringing the femur up and across the groin is a basic self defence move to protect that region from attack.

• Unlike the fearless femur the knee can give aggression but is not too good at absorbing it. This is because the knee is a one way ball and socket joint limited in forward motion by the patella (kneecap) and backward motion by the calf and thigh muscles. Rather like the elbow it is superbly strong when used at the right angle, but hates being abused or twisted in the wrong direction.

• Any effective attack to the knee will be from the side. A suitable knife edge kick, snap kick, or similar size 12 incoming will stretch and tear the assembly sideways resulting in incredible pain and a lop sided feeling.

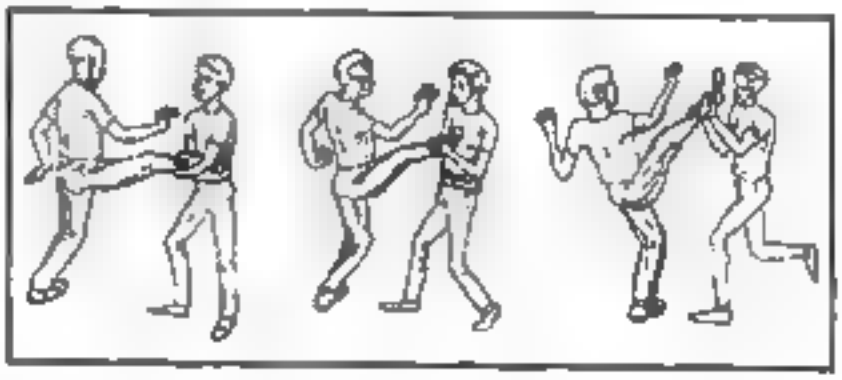
• The effective defence to this ball popping, joint snapping missile is to roll your knee in and absorb the impact on the back. This move is worth practising and remembering.

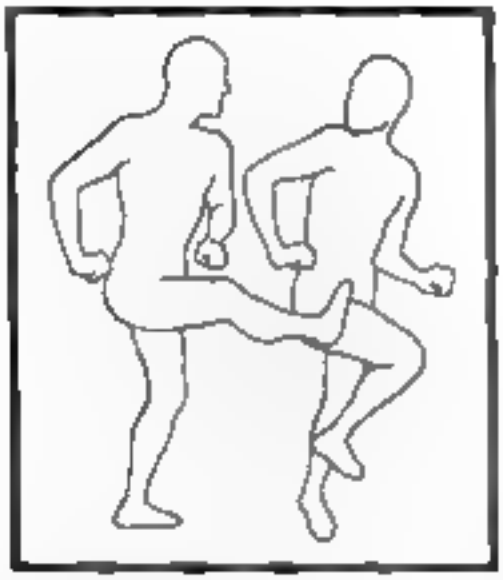
• The shins are very resilient to direct kicking but hurt like hell if they are scraped with the heels or soles of a shoe. Many defence books will tell you to try and scrape your attacker's shins to escape from a bear hug, but this can be difficult.

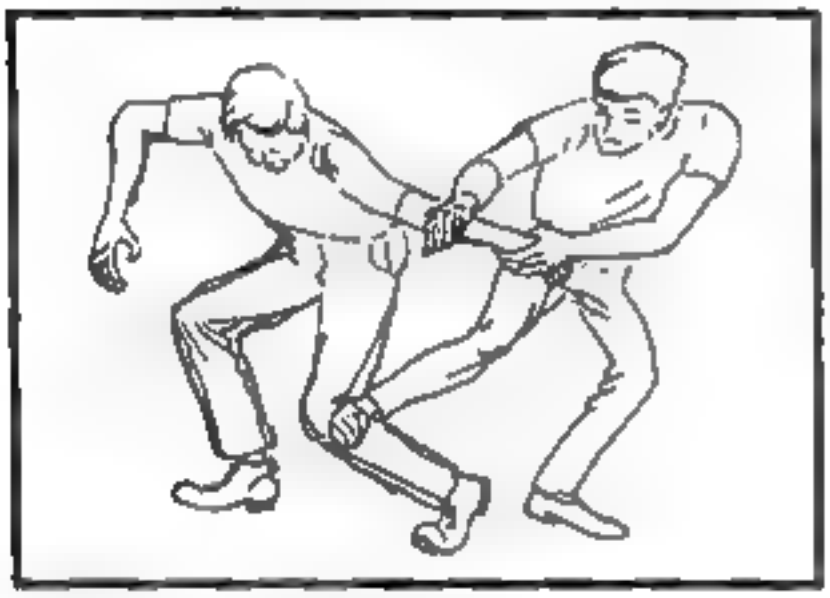
A much better defence for anyone grabbed in a bear hug from behind and lifted is to try running. It doesn't matter that your feet are off the ground but as your legs try and run they will hit your attacker. Thus, coupled with the sheer surprise of what you are doing will result in the hug being released. If you try this release then remember to put your hands out in front of you. When you are dropped you will be projected forwards and should aim to land in a sprinters' crouch, the ideal position from which to run away (after all if they are big enough to lift you up in a bear hug why hang around?)

• Bringing the heel down on to the top of the foot is also a good release defence but it needs to be done with focus. You must raise your knee towards your chin before unleashing a blood curdling cry and focusing the energy of your heel downwards and through your aggressor's foot.

It's nice to be able to do fancy kicks because they impress your friends, but in street fighting you're not out to impress ... only to be effective!







## *CORRECT STANCE*

**"Float like a butterfly ... sting like a bee"**
-Mohammed Ali

Every system of defence has devised its preferred stance. Street fighting is only different in that your opponent forgot to allow you the chance of assuming yours before trying to pummel your face.

Experience has taught me that the best possible fighting stance to adopt and use when there is the chance of danger, but when no open aggression has begun, is one which shows no hostility, yet prepares you for action, if required.

In street fighting your initial stance will be dictated by where your feet are at the moment you perceive the attack. This is the moment when training will switch you from happy day tripper mode to fight or flight mode as you adopt a suitable stance.

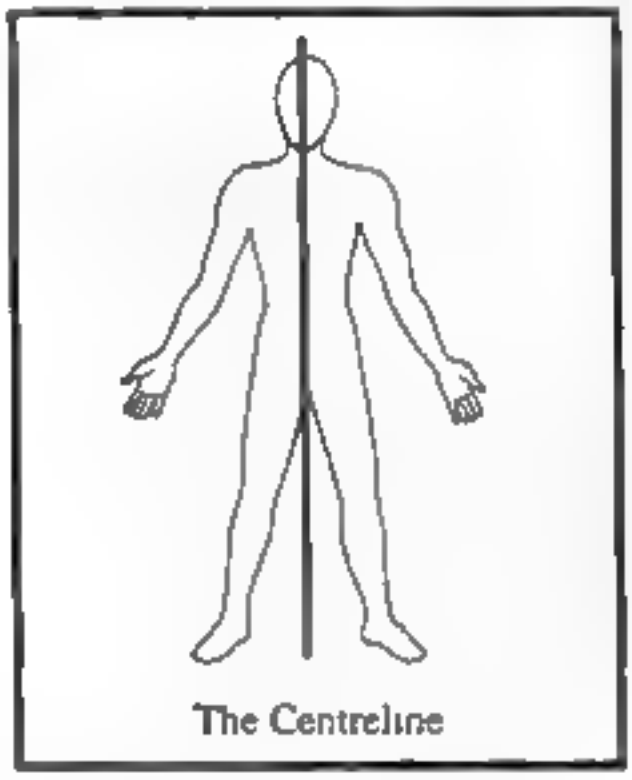
Dropping into a defensive guard may alert your aggressor to the fact that you are more trained than he had anticipated. He might even reconsider his actions. Lucky you if he does BUT whatever his next move you should be ready for it. Your defences are up and you are on the case.

Western Boxing (itself a Martial Art) advocates leading with the left side for a right handed pugilist and vice versa. The logic behind this is that the left would jab and work at the opponent's defence whilst creating an opening for the more powerful right.

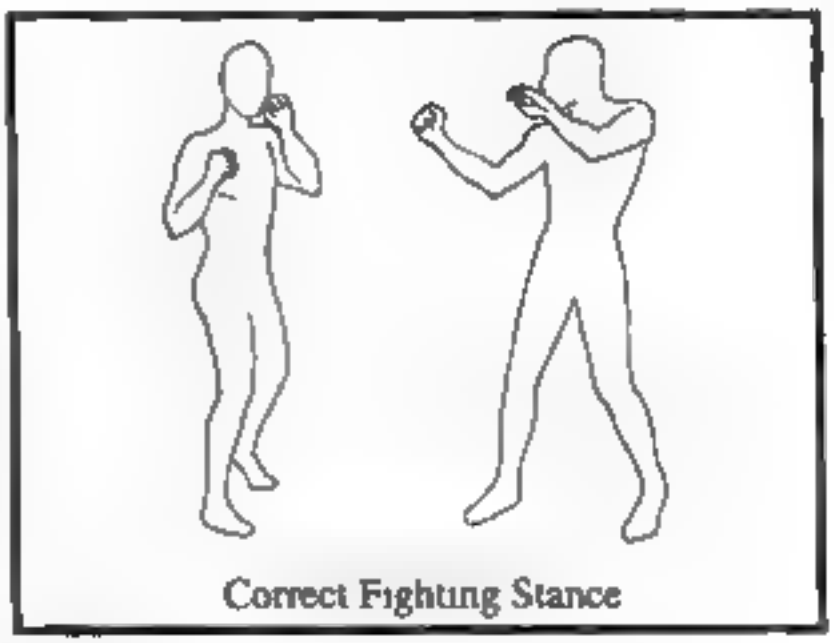
The alternative to this is leading with your right side. If you are right handed then this is called Strong Side Facing. A left handed person will need to experiment to find which is their strong side.

As you develop your stance, if you find that you are comfortable facing with either side of your body you are lucky, because being ambidextrous will help the fluidity of your movements. The most important aspect of this lead is that your strong leg is much more able to shuffle you into and out of trouble. This stance will give you stability with mobility and like a boxer you will begin to duck, bob and weave to shed those blows.

Practice your stance in front of a long mirror or window. The reflection will enable you to assess whether anyone would be frightened. Imagine that you are walking down a street when you are confronted by an attacker. See how sharply you can assume a stance to deter him.



The Centreline



Correct Fighting Stance

# *IMPORTANCE OF MOVEMENT*

**"Everything is in a flux..." - Confucius**

It may seem obvious but when you fight it is important to move about. Any fighter who remains rooted to the spot will get nailed. This is an amateur's mistake which only training can combat.

The essentials of Western Boxing include the well worn phrase ... "duck, bob and weave" ... and for good reason. A solid stationary body absorbs the full impact of a blow whereas a moving, rolling body sheds, deflects and disperses the incoming force. As boxing has always been full contact it contains some good blocks and blows which are adaptable to street fighting.

Once you have discovered the essentials of body movement you will begin to learn how to smoothly and with subtlety reposition yourself without tripping over your feet or giving away your intentions. This is where real time sparring can pay dividends. It will help you identify and disguise a dropping shoulder giving away an incoming punch or learn the art of striking from outside your opponent's field of vision.

The Strong Face stance that I advocate for your defence allows a good forward and backward shuffling movement without signalling your intentions.

The True Way Arts advocate not opposing force with force. This principle of flowing defences is especially useful for smaller men and women and forms the basis of many shedding and blocking moves in this book. Always remember - pull if pushed and push if pulled - but never oppose force because it might hurt you. Tai Chi and Sorinji Kempo are proponents of circles.

## *Shedding Techniques*

"Fighting is about hurting your opponents more than they hurt you ... that means attacking more than they defend ... and defending more than they attack. Then you'll win." - Joe Louis (World Heavyweight Champion boxer)

Boxers know a lot about blocking, or shedding as they call it, because their sparring is always full contact. They need to avoid getting hit.

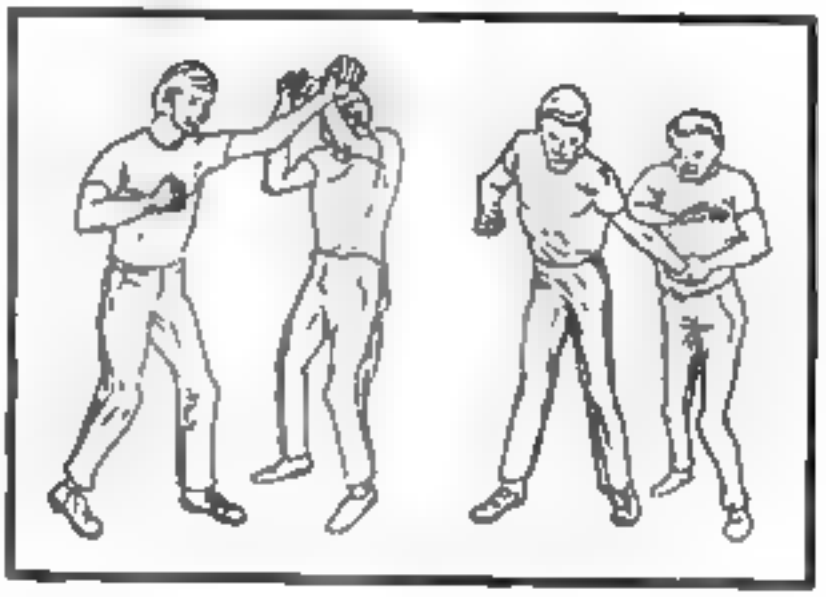
Most martial artists on the other hand rarely spar with any contact and are in fact often quite happy to learn their craft without an opponent. This highlights the artistic nature of many crafts where the aim is to perform the move correctly rather than have it corrupted by an opponent.

• Blocking requires effort because it opposes the force, whereas shedding rolls with the punches. If you think about it you'll see that it's all about circles and squares really, so remember to deflect, not stop the blow.

• As you are facing your opponent keep moving about because a moving target is harder to hit. Stay still and you'll get nailed, but duck around and he'll have to keep reconsidering his targets.

• Boxers are also masters of the parry which is an open handed block from the forearms. Although I call it a block it is really a blow to slightly deflect your opponent's fist. Remember to parry with your hands open for extra speed and maybe to grab hold of your attacker.

• Any real fighter will know that the best counter strikes occur after your opponent's blow has just missed you. Then he will be still coming forward into your blow and off balance. This is the time to nail someone.



# *BLOCKING TECHNIQUES*

A block does not necessarily need to oppose force and the blocks I have chosen do not.

## *The Inside Crane*

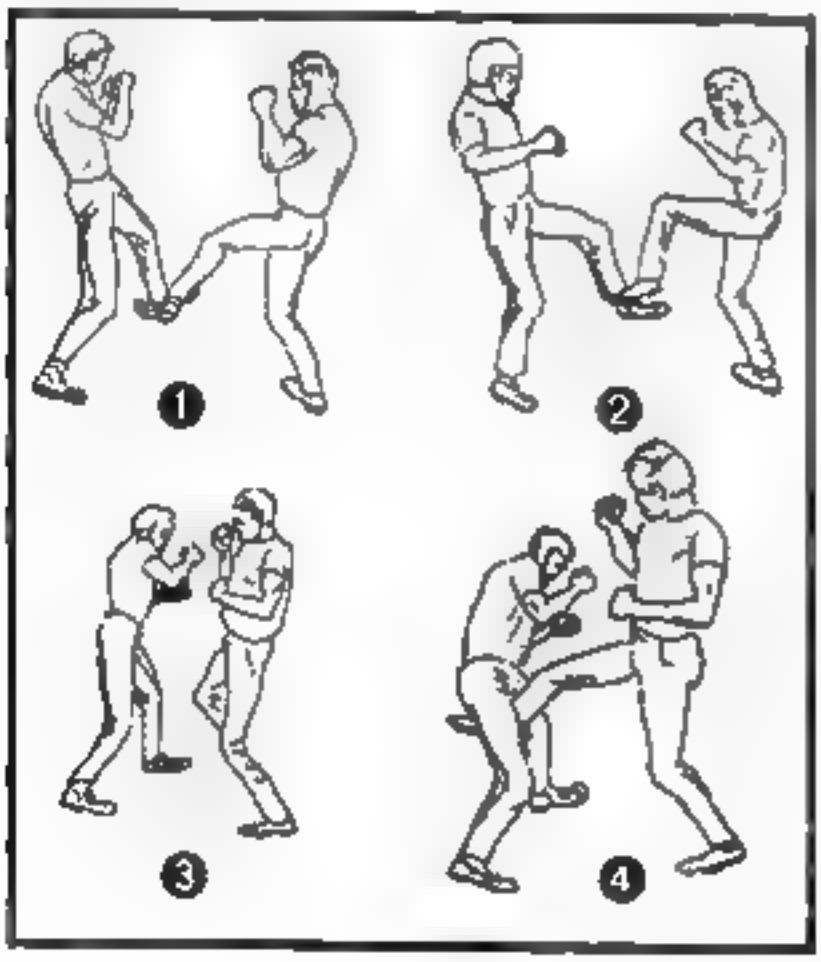
This is a close in block which will most commonly be used to deflect a hook to the side head/jaw. Note from the pictures how the defender blocks the hook with his left whilst simultaneously moving his head away.

With close in fighting you must look at your opponent's body to determine where the next blow is coming from. As the action continues the defender could have gone for a chop to the neck but seeing the attacker's right hand pulling away he perceived a left hook. This is blocked by a palm smash to the shoulder and then could be followed up by either a head butt, palm strike to the jaw or hand chop to the throat.

• Never try blocking with two hands. It leaves you undefended and defeats the principle of blocking and counter striking.

• The other important block which you should aim to master is for the groin. It is an important area to keep protected and one which is vulnerable to attack.

Bringing your leg up and across protects this area quite well but there is a better move. As your attacker kicks out towards your groin block with the same foot, i.e. left blocks left and as you connect then swing his leg out which opens his gate. Slightly stepping to the left then sets you up for a kick to the groin or knee followed by an elbow strike to the head, neck or spine.




# *HOW ELBOWS & KNEES ARE USED IN A FIGHT*

As the fight begins to develop into a grappling match the elbows and knees come more and more into play. They are short range weapons which are also very strong, provided you use them in the right context.

An earlier chapter explained the construction of these joints and from this you will recall that the secret to smashing or not smashing them comes from the angle of use, or abuse. If you twist your attacker's elbow in the wrong direction the ball joint will begin to fail and then he's really got problems.

## *Reverse Elbow Strike*

The elbow is your most effective weapon when being held in a choke or from the rear. It has much greater striking force than the fist, from this angle, enabling you to disable your attacker with one blow.

Your hand, elbow and shoulder form a natural triangle and this is when the elbow is at its strongest. This is how you should use your shoulder for the safest, most effective types of blows or blocks.

## *Forward Elbow Strike*

A forward elbow strike can be devastating when delivered with a sharp twist of the waist, (which increases its power). In close fighting, elbow strikes can be delivered in rapid-fire succession knocking aside everything in their path. There are four basic angles of attack, straight, upward round, and downward.

Although most students practise forward elbow strikes with a clenched fist, an open hand allows for greater speed and power while the elbow is travelling toward the target. This is because a clenched fist has the tendency to make the arm tense, thus slowing down the movement.

Forward Elbow Strike

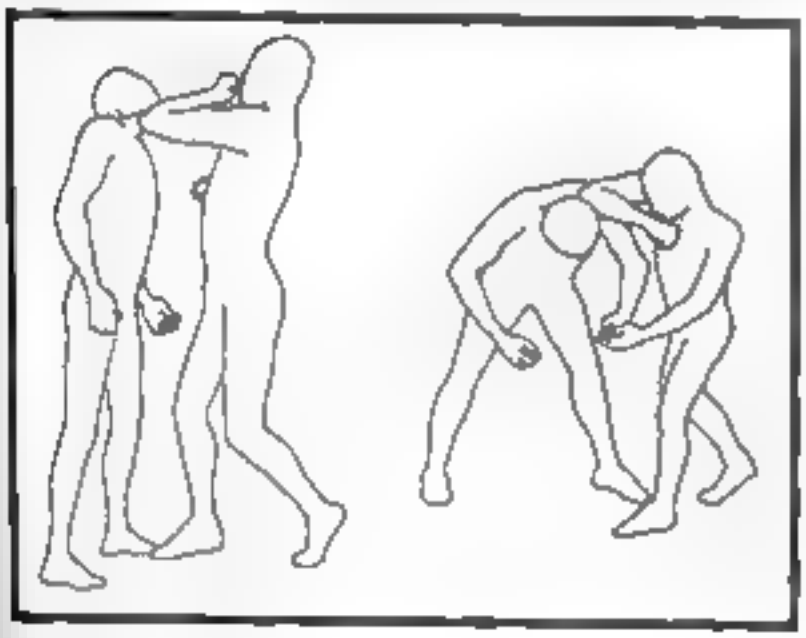
Reverse Elbow Strike

## *Horizontal Elbow Strike*

Another powerful close up strike. This time your elbow moves horizontally into your attackers head. To generate power for this strike, you must forcefully pivot your hips and shoulders in the direction of the opponent. The illustration opposite shows a combination attack, hitting the opponent with a left horizontal elbow strike quickly followed by a strike using the right elbow.

• The point of the elbow is solid and effective against the nose, throat, midsection (which includes the solar plexus) spleen and kidneys and the groin. Being so pointed it's really great for digging into your opponent and just gouging around with.

Whilst the elbow is certainly very solid it does not take kindly to too much abuse. A broken elbow is extremely painful and can take quite a while to mend effectively



## *Knee Strike*

This is a most effective form of attack and can temporarily disable a foe. Bend your knee and bring up your leg, aiming at your opponent. This type of attack obviously is reserved for situations when your opponent is at very close range.

Knees are even more solid than elbows and can be used against very solid targets like the head, subject to the condition that you never kick above the waist. The way around this problem is to get hold of your attacker's head and bring his nose down to your knee.

Knees are also good for getting into the midsection for attacks on the solar plexus, kidneys, spleen and bladder. Lastly there is the groin.

Remember knees do have their weakness and mainly this is when they are attacked from the side. Under the chapter about kicking we talked about side snap kicks which seek to collapse the knee. The defence against a side shot is to roll the knee inwards and absorb the blow on the back. It is well worth practising because kicks to the knee are not uncommon.

# *YOU MUST KNOW HOW TO FALL CORRECTLY*

So what happens if in spite of all the moves, tactics and blows you manage to get in, you trip and hit the dirt? Or worse still, are caught off balance and the thug shoves you over? Believe it or not, you can actually turn the fall to your advantage, because a guy who sees you dropping is going to relax a bit, even if only for a second or so, and that is when you can do a come-back and let him have it.

You have to practise falling and recovering, so that if you happen to be pushed over or trip, you can be back on your feet and in control before your opponent can act.

## *Falling Forwards*

Start from a kneeling position with your hands on your thighs and then fall forwards. Keeping your elbows bent shoot your hands up and slap the floor with palms and forearms. Now try it from a ready position and your legs straight. Make sure when your palms and forearms hit the dirt that your elbows are bent up out of the way. Breathe out as you make contact with mother earth. The same technique applies if someone shoves you from behind into a solid object like a wall or tree. This tactic makes it easier to rebound.

## *Falling Backwards*

From a crouch position with your right hand on your left shoulder, left hand on your right shoulder, stick one leg out in front of you, tuck your chin down and keeping rolled up, fall backwards. As the small of your back makes contact with the ground, shoot your arms down to slap the ground hard to help absorb the shock then let them rebound and cross them over your chest again. Now try it from a ready position and arms as above. Stretch one leg out and sink down on the other with your chin in. Roll backwards again, slapping the ground and breathing out on impact.

## *Falling Sideways*

Start as above in a crouch with your hands crossed. Stretch your right leg out in front and slightly to the left so that you roll backwards on to your right hip. Slap the ground with your right hand and let it rebound. Repeat from the ready stance. Then do the whole exercise again with the left leg.

## *Forward Roll*

Kneeling on your left knee with the right knee pointing ahead stretch your right arm out and put your hand just ahead of your foot near the big toe so that your little finger touches the floor and your palm is towards the foot. Stick your chin down, hunch your back and push yourself forwards, staying in a balled up position and roll forward along the edge of your hand on to your forearm, over your shoulder to the opposite hip. Then fall sideways as above. Do this exercise from both the left and right kneeling knee.

Try it from a ready position, stepping forward on the right foot and putting your right hand down as above. Then repeat the moves as explained above rolling across your back. Practice this with the left and right leg. Remember to breathe out on contact with the ground since it helps to stop you from being winded.

Once you are sure you have the hang of the move then try it from a jumping out a standing position. Though you don't need padding or special mats, it might help if you have a thick carpet.

# *TURNING FEAR INTO FORCE*

Don't believe the lie that you can learn to become fearless. Anyway it is not to your advantage. What? You say - you mean 'tough guys' feel fear? You bet they do! And they use it to add to their power and to channel the adrenaline into explosive force and aggression. Okay, if you don't realize the potential of fear you can let it overwhelm you and panic will wipe you out before your opponent does, but once you have caught hold of its energy value you can harness it and pump it into power factor.

Using fear correctly will turn a city-bred weakling into a whirling dervish who can overpower an unsuspecting thug who is taller, heavier and stronger. Fear unleashes rivers of adrenaline that pump power into muscles, drive strength into moves and shoot speed into every reaction. You just have to learn how to use it properly. Believe it or not, fear is really a neutral emotion that can either galvanize or paralyse you, depending on how you think of it and react to it. You must learn to welcome its stimulation and direct its energizing force. Just like you can use fire either to warm you or burn your house down, its use and results depend on the use you make of it.

Your present response to fear has been programmed into you. That means it can be programmed out. You just have to rewrite the programme. Parents, friends, circumstances from your childhood or youth taught you the reactions to danger that you probably think are just part of your character. Maybe when trouble looms you cower down and want to disappear. That is because you were conditioned into that response. It is not something that just happens naturally. Because you thought it was normal you have just accepted it. Now make up your mind to re-channel it. You were not born to panic, cower, run away or freeze in the face of trouble. What you were born with was a reaction to trouble that people and circumstances have conditioned you to channel into weakness and trembling. Now you need to learn how to channel it into the power and energy response. Your decision will determine how you respond to danger. Your decision will channel the surge of adrenaline into positive or negative reactions. It all depends on you now, not on what was programmed into you years ago. You can change it!

First you must welcome the waves of fear and don't resist them. Use the force like fuel pumping into an engine and ignite. That is exactly what professional boxers do. You never learn not to feel fear - you learn to harness it and use it to power your moves and actions. So when you train, try to imagine situations that cause you fear, then consciously direct the surge of adrenaline into your counter-attacking moves. Remind yourself all the time that when you face danger, you will feel fear, and tell yourself you welcome and accept it as an energizer that will drive your muscles with power and force.

## *The Eruption Of Power*

This brings me to the way you use the power that now becomes available. Think of a gas cylinder that sits there quite innocently doing nothing except maybe keeping a small heater going. When it is "quiet" it just powers that little heater. But think of the conflagration if it suddenly explodes!

That is the way you have to learn to let the power loose. It must erupt - explode. Don't try to work at a slow buildup of fear, anger or power. Let it zoom into your body and explode. That makes maximum use of all the force and energy shooting into your muscles. You don't have to be a weight lifter or bouncer to release that force either. You can be five foot four and very feminine, but when the explosion connects it will have generated enough force to take the opponent by surprise. Most thugs at this point will ex-

perience a dramatic rethink about mugging you, especially if you are following up with some of the tactics you will find in this book.

Power is not all important - but don't listen to the idiots who claim that it is not in the least important. Even sporting bodies recognize the place and value of power by the way they categorize weights - from fly - to heavyweight and so on. Shooting divides the power levels into calibres. But power is not everything - as you will see. You cannot however disregard the vicious effectiveness of the eruption of force.

You don't have to maintain your exploding power at a constant level for any length of time. The point of this kind of erupting force is that it concentrates your reaction into a powerful explosion that rearranges the attackers ideas and perhaps even his features. It is an added element of surprise that brings fear and further encourages him to evacuate the premises, fast.

In later chapters you will be learning about moves, punches and tactics to counter attacks. When you combine them with this explosive power you can be sure there will be very few thugs prepared to spend much time in your company. So cultivate it, develop it and use it as much as you can while you train.

You can actually improve this kind of erupting force by weight training. Hear me right, I didn't say become a body builder. Correct and basic weight training is a tremendous supplement to self-defence techniques and strategies. Don't believe all the trash you hear or read about weight-training making you "muscle-bound" or "turning to fat" if you stop. Even school kids nowadays know that is junk. Muscle tissue and fat tissue are entirely different, one cannot "turn into" the other any more than eggs can turn into milk.

You won't need to train more than two or three times a week if you really go for a good work- out. Stick to the simple stuff and stay away from all the steroids - you don't need them and they will eventually cause irreparable harm. There are lots of good weight-exercising tips in health and fitness magazines. Find a few routines that suit you and vary them every few weeks. You will be honing your muscles and also increasing your exploding power.

Another way you can develop this force is by working out with a punch bag. Remember to put all your power into the punch so that the bag actually buckles. You could also practise by striking or kicking various objects, like trees or walls or the padded boards martial arts people use. Alternatively, try swinging heavy bars or clubs. This will all be building up your power, ready for that mighty eruption.

## *CONCLUSION TO VOLUME I*

You will have realised that you are actually building steps here. As you master one aspect of self defence, you are laying a foundation for the next level. All the skills you have built into yourself up to now are preparing you for the next step - control. This means self-control as well as learning to control the situation. You mean you can control the chaos and unpredictability of street fighting? Well, not entirely, but face it, the more self-control you have, the more you will be able to impose your will on what happens.

Being cool under pressure and panic situations is essential to survival. You mean it's possible when someone is out to rob or seriously maim you? With practise and determination, yes. And no, it doesn't negate what I said earlier about fear. It is part of learning how to harness that fear. However as I mentioned before when talking about fear I point out again that earlier conditioning is responsible for most of what you think is "natural" reaction in you. Like for instance, losing your cool, panicking, freezing or going to pieces. You can teach yourself to keep control. You can reprogramme your mind to stay calm and in control despite fear and despite the chaos of a panic situation. The fact that there are even some professions that demand that kind of control in the face of crisis proves that it can be done. For instance, paramedics, firemen, soldiers, police, riot control officers and so on. They have all learnt to stay in control. So it is a matter of mind and decision, not of "natural character" or "natural reaction". You just have to decide, now, that you are not going to panic. You decide now, that you will stay in control, no matter what. Remember that the consequences of losing your cool could be death or permanent physical injury.

Please don't forget that sports conditioning does not prepare you for street fighting. By that I mean that the kind of control or self-control you can develop in sports competitions, even martial arts types, is not the same as the kind you will need in the vicious street situations where brutal and ruthless attacks are being launched against you.

So how can you build up this kind of "cool"? One way is by imagining various situations and picturing your response, the various attacks and counter- attacks. Another is by constant practise and training until you have total mastery of your moves and techniques. When instinct and spontaneity take over self control and cool-headedness are much easier. Work at it mentally, and by that I mean make sure you have made your decisions concerning carrying the fight to the finish, no matter what it takes. If you can work with partners, then work up situations where you take one another unawares - at home or in a (quiet!) street or lane. There are many possibilities you can invent that will give you experience and practise.

In the same way as you channel your fear into force, so you can control aggression and anger. You must have seen movies of the guy who reacts to danger situations with a kind of frenzy. He just goes wild, screaming, arms windmilling, feet kicking all over the place. Just think now what he could have achieved if he had controlled all that power and energy.

We have now reached the end of the basic level of street fighting techniques and this is the point when we would normally review the course with my students.

This is the time to look back on the techniques we have been learning and consolidate them before moving on to advanced level training. In fact this is the time that a dedicated student would turn back to chapter one and read the whole lot again!

As you will have gathered from this manual, training the mind is just as important as training the body. They coexist with each other. When the brain thinks, the body acts correctly but when the body acts without the brain all sorts of disharmony will occur.

Remember the A's to dealing with arseholes and attaining a safer life:

- AWARENESS
- ASSESSMENT
- ARREST
- AVOIDANCE
- ATTACK
- ANNIHILATION

and remember - practise it!

# VOLUME 2

## INTRODUCTION

This is when you start to learn some real moves to cope with real action.

This book will continue to build on your "Warrior Mentality" but now is the time to improve your physical training. However don't try to cope with all the techniques in one go. It is better to be master of a few moves than a novice of a lot.

- If you are weaker then don't try punching until you are able to make a good fist. A palm strike to the side of the head is likely to upset your opponent more than a fumbled fist (see chapter on Palm Strikes). In our form of self defence concepts are more important than pure technique. This is what I mean when I say that you must learn to fight within your limitations and not against them.

- The secret of winning any fight is hurting your opponent. If you don't stop him then who else will? You must hit him effectively to cause pain and on target to inflict damage while at the same time defending yourself from any counter attack. This is called making your shots count.

- I will now let you into a little secret which may influence your fighting tactics. American Full Contact Karate (that's where they try to hit each other) bans the use of all joint shots. What does this mean...? It means that any blow to a joint could pop it, or at least severely twist, distort or do some damage. The joints are the weak points on the body and should not be forgotten.

- When fighting you must keep your eye on the ball or you will miss something. Most students find the centre of the chest a good point from which to radiate their focus.

- As you master the moves try to execute them with attitude. Otherwise when it comes to the real thing you may scare yourself as a blood curdling kiai emerges from your body. As you punch, shout something, even if it's only "AH!" Without a good kiai some instructors might say that you're only going through the motions.

In the rough and tumble of combat remember not to oppose force, only redirect it. As you learn the shedding and parrying techniques keep in mind this concept because you'll benefit in the end. As one sensei used to say to me "Think only of circles ... not squares". This means that you must push when pulled and pull when pushed.

If you try to build all these concepts into your training from the start they will become instinct which means instant. When fighting you should try to balance the "he who hesitates is lost" maxim with "fools rush in".

## *Improving Your Street Fighting Technique*

The promise I make to all my students of self defence is that you will not need to know as many moves as Bruce Lee to survive. Just as you only need to know a few fundamentals about movement and stance so you only need to learn a few basic defences and attacks.

I feel that it is better to be the master of few routines than a novice at many. As time passes you can always add extra weapons to your armory, should you feel the need.

If I look back on most of my fights I can remember that I have used pretty much the same shots, throws and grapples to finish the action. It might make me a boring fighter and I might be predictable in the ring but I haven't lost yet.

In street fighting, style is most definitely secondary to effectiveness. To become effective in anything you must practise. This means that after you have read this book you must practise the routines. Study the pictures which take you through the techniques and then do them.

You will master a new move much faster if you try to execute it more slowly at first. Consider how you are moving in relation to the pictures and correct yourself as your sensei would if you were at a lesson. As you begin to grasp the move add power and speed.

Take your training seriously but enjoy it. When you begin to feel a little tired try focusing your mind on why you are training. Remember that it is to protect yourself against thugs and you will find a new supply of energy from within. This technique works especially well if you have a mind's eye image of your attacker to keep punching.

Focus is a large part of the martial arts. It's what warriors who put power in their blows have attained. For example if you are grabbed by an assailant you shouldn't just push him away. You should focus power, indignation, aggression, surprise, anger and whatever else you can muster AND aim to throw him off you.

With focus you really can do this. Your attacker will be so surprised that you didn't just humbly succumb, he'll seriously reconsider whether you are worth bothering with. You have created time to make your escape or prepare your counter attack.

## *The Warrior Mentality*

The mental portrait of a Samurai warrior is not such a clinched one to have for your own fighting focus. When you practise your routines imagine that you are that warrior and really project force into your movements. If you ever do find yourself facing up to real conflict then this powerful mind's eye picture will give you confidence. After all, on your own you could lose a fight but not with a Samurai to help you. Samurai never lost, they fought until victor or vanquished and the spirits of the dead ones would pursue the case.

As you and your Samurai practise kicking and punching add some extra force with your kiais. These shrieks are the audible manifestation of your inner energy. As you lose your natural inhibitions to shouting you will begin to focus that energy into power. This is the point in Zen when you start hearing about chi or cosmic breath.

• If you have a sparring partner then imagine they are someone else as you practise attacking.

Picture them as someone you really would like to hit and practise channelling your aggression into that image. After a short while you will find that your blows will become much more powerful and focused. This should encourage you to try even harder. Not having a sparring partner is no reason for not practising, you'll just have to improvise. Travelling a lot, as I seem to do, has made me the master of improvisation. In every house, hotel room or garden there will be some suitable inanimate object to attack and therefore no excuse for not spending 10 minutes brushing up your personal survival plan.

Mirrors and windows are ideal for practising your stances and punches in front of because you can see what is happening and assess whether it looks real and frightening to an opponent. Walls and furniture are excellent for kicking, although be careful about breakages, and curtains are ideal for co-ordinating distance and strikes. When attacking curtains do make sure that the window is open and don't be tempted to land any flying kicks. You could find yourself really flying!

I have covered several aspects of the warrior mentality and the only one I wish to add at this stage of our training is Mushien. This is the Zen belief in no mind and no vision which achieves purest mind and total concept.

To translate this into workable concepts one would look at it as harnessing the animal spirit which lurks within. This raw animal power allows people to achieve spectacular feats of strength and endurance but it is also the power which leads to blind animal rage. Sometimes this animal fury may make you believe that you could walk straight through a brick wall, and perhaps you could, but what physical damage might you sustain? It would be better to look for the door!

This same power can manifest itself in battle. Here it will lead the naive warrior blindly forward, unaware of the danger he faces. Unfortunately most warriors, and their animal fury, die from a sword through the heart. Your defence may not be against a sword but it could still be for your life or integrity. Harness the animal, use it and steer it for your greater benefit. You will be a better person for it.

Mushien means taking in the entire picture without having to look and interpreting the information without having to think. As you begin to grasp the advanced concept of continuous attack you will begin to understand Mushien better.

## *THE BEST WAY TO FLOOR AN AGGRESSOR*

When you are standing face to face with an assailant your first priority is to close the gap between you and floor him as quickly as possible. When you see that he is determined to fight despite your attempt to avoid confrontation, then assume a ready position and project as much calm, confidence and strength as you can. This will unnerve him since most street thugs are looking for victims.

Now, you could let him take the initiative in closing the gap, since some of these criminals try to intimidate their "prey" with tactics like poking him in the chest or grabbing his clothes, but personally I don't advise that you give him the opportunity. You need to take him by surprise so I recommend that you move first to close the gap. Even if you don't actually floor him you can put him off balance and the unexpectedness of the attack might actually be enough to make him change his mind.

You can practise all these moves with a partner, remembering to start slowly until you have the hang of the move and then gradually speeding up. Let your partner go for you with an outstretched arm, as though he were going to poke you in the chest. Later, he can speed up too and make like he is going to punch you. Step back quickly on your

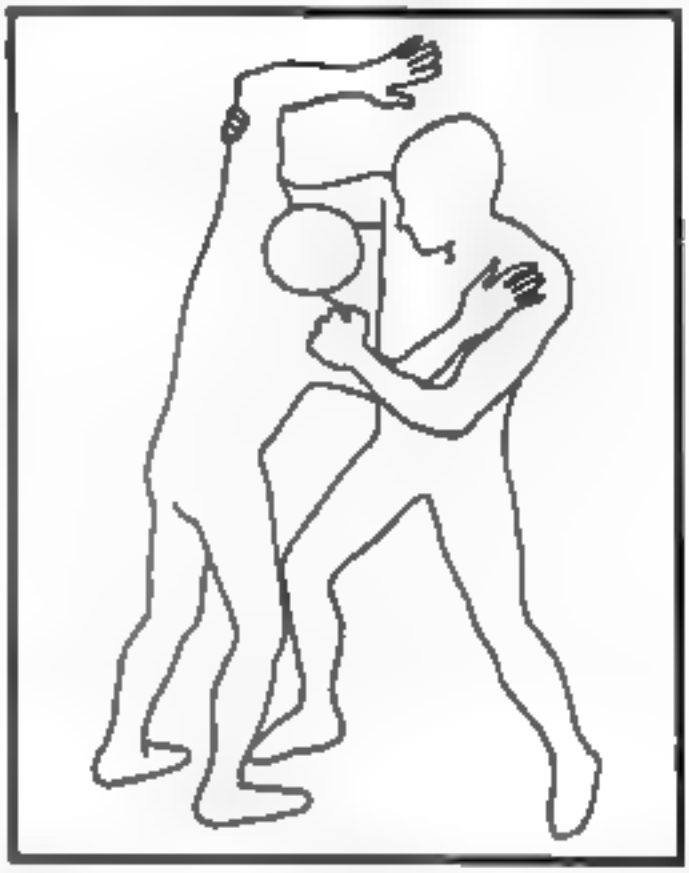
right foot towards your left and block with you left arm. Then sweep your left leg forward so that the arch hooks in behind his right heel. Don't lift your leg high to do this, you must try to keep it as close to the floor as possible otherwise you risk losing your balance. As strongly as you can, shove his right leg backwards to your right and push forwards with your left arm. Before he knows what has hit him he will be on the floor. Make sure you finish him off before he has a chance to get up.

If instead of waiting for him to make the first move, you decide to go for him, then shoot a left punch towards his eyes as you swing your right foot towards the left. He will respond to your attack and give you the opportunity to hook your left foot behind his left heel. Pull as strongly as you can backwards to your right and he will hit the floor. Now try it from the side. Let your partner go for you with a high right. Block with your left forearm and swing your right forward to hook his left ankle and sweep his left leg out from under him towards your own left.

If instead you are attacking him, then use your left foot to hook his left ankle and sweep his leg to the right so that he falls forwards to your left rear.

Another common move to knock an aggressor down is the reaping blow. The tactic is basically the same whoever initiates the first attack. Let your partner attack you with a right hook. As you step forward on your left to block with the outer arm, use a palm fist strike on his chin. Sweep your right leg to the left and forwards as though you were going for a roving kick. Then "sweep" it backwards with the knee bent, hooking the upper part of his inner thigh with the upper part of your rear thigh. This knocks him off balance by whipping his leg from under him and the higher you "sweep" the harder he'll fall. Keep your right hand under his chin so that you can shove him to the right.

Another technique is as follows. When in a clinch, slam two or three kicks into the attacker's shins. Fake another. When he starts to lift his foot to avoid your kick, sweep it aside the instant his weight comes off it and pull his shoulders in whatever direction he falls to take him down.



With all these tactics, don't forget to finish the guy off. You don't want him leaping to his feet in a rage to fly back at you. You can either kick him into submission or you can follow him down with your knees bent and punch. Practice this with a partner lying down with his head to your left. Go down on your right knee with your left knee pointing ahead. From a guard position let your right hip swivel forwards and punch down into him with your right. Hammer fists are also useful in this situation.

• Stomping on an opponents knee will break the rules in a Karate tournament. In the street, where there are no rules, it will break a leg.

• By stamping on the thug's upper arm you will hurt his biceps muscle, squashing it against the bone and taking away his will to fight.

## *The Vital Attack Points*

The vital attack points are there for hurting or maiming your opponent. Do not hit them unless this is the result you desire.

If I were in a fight these days, which fortunately my attitude seems to preclude, I would first strike at the targets which I knew would only hurt my adversary. This contrasts considerably with my old fighting attitude where I would go for high value target and usually damage the other guy.

Time however has mellowed the "Don't fuck with me because I'll hurt you" mentality into 'Don t mess with me because I m quite able to defend myself". A psychologist told me that this is called maturity, although I think it's more like restraint. However you should start off with a good knowledge of what and where the targets are. Later you can exercise the option of choice to limit the amount of pain and/or damage you inflict.

Knowing the nastiest target is necessary because you never know quite how unpleasant a situation could get. One day you may be fighting for your life and knowing how to correctly hit a kidney might just save it. Targets give you choice and options which are what you must have in order to win.

As you spar, try to visualize the targets on your opponent's body. Recalling the BAND, the LINE and the TRIANGLE to the mind's eye will help this tremendously. They highlight the attack points of which the most vital fall on the LINE. These are the bridge of the nose, the jaw, the throat, the good old Xiphoid Process, the midsection and the groin.

• These vital targets also fit in with a very handy tip which was given to me early on in my fighting career. It was from an old boxing coach called Joe Kansley, or Uncle Joe as most people called him. Anyway old Joe told me to always aim for the centre line and time has proved this to be sound advice. If you throw a punch at your opponent's nose and he moves his head to one side then you may still connect with a cheek or ear. Likewise if you punch to the stomach you may still catch the floating ribs.

Add this piece of information to your targeting system and you will score more hits, even if they are secondary ones.

**FINGERS:** These are small targets and therefore a little difficult to hit, but if the opportunity presents itself kick or punch them hard in an attempt to break the bones. The pain is so intense, it may render the entire arm useless.

## *SELF DEFENCE AGAINST A WEAPON ATTACK*

Age, awareness and experience have allowed me to assess whether my opponent was seriously committed to using the weapon he was brandishing. Reading this book should improve your own learning curve and save you from testosterone tactics like the following situation. It happened to me when I was about 20 years old and just after I had first met Dr Lee.

It was about 5 am. I was in the kitchen of a house where a fairly reasonable party was coming to terms with the next morning. There had been this one guy who had vaguely hassled me earlier in the evening but I had avoided him. His problem related to some trouble one of his mates had got into months previously with one of my mates. I figured that it was best forgotten for the moment. After all I was at a party and wanted to enjoy myself with a young lady.

So there was I searching through the fridge for some juice for the said lady when this guy walked in and started giving me various hassles which I won't bore you with.

The more I tried to defuse the situation by being reasonable the more this guy pumped himself up. In fact he was the first example I had seen of what Dan Lee calls "a pointless, pilotless projectile". Suddenly he grabbed an impressive looking knife from amongst the jumble of empty cans and bottles and began brandishing it menacingly at me, along with various ridiculous threats. Now this guy was lucky. I was in a good mood and was beginning to get my animal aggression under control. Six months previously and I would have laid him out with the **nearest available** heavy object. With my new found maturity I assessed the situation.

People who carry knives may or may not use them, but people, in this type of circumstance, who just grab a weapon generally don't, can't and won't. I figured that he had only got the knife because it had been lying on a work top and was unlikely to use it. I looked him squarely in the eyes and laughed. I then told him that I figured he didn t have the balls to use the knife and that if he did then he was on a one way trip to prison. Sure enough I was right. He realised what he had done, saw how stupid he had been and was quite embarrassed. The conflict ended there and then (we didn't even have a fist fight) because my opponent had put all his focus into a weapon and been verbally disarmed. He had lost his focus and therefore lost his fight.

You will notice that my defence was only partly conciliatory. These days I would probably leave out the challenge about his balls and just include the useful information about going to prison. My techniques would have probably failed if he had been backed up by his mates, in which case I would have probably opted for the saucepan defence.

In a civilised society anyone who is dangerous enough to use a knife in a conflict should be locked up but I have also travelled in more remote parts of the world where they are de rigueur. I have had real fights which have included knives, although I have still not found the need to use one in anger.

In the depths of the Third World, on paths that have not yet been cut, you are asking for trouble by not wearing a knife. And often the bigger the better because it s mostly a macho thing.

Because of this most aggressors will only be testing but you must nevertheless respond in strong enough terms. Never let your reasonable attitude be mistaken for weakness and remember that most people don t actually want to fight. Bullies prefer going around doing surveys of potential targets than actually fighting. These bullies should be dealt with firmly but politely.

My own style against any weapon attack will depend on the circumstance of the conflict but the disarming routines shown in this book will hold you in good stead. They are based on the principle of not opposing force, only redirecting it and this makes them ideal for weaker students.

Practice and protect yourself.

## *Defence Against Weapon Attacks*

For the average person on the street an armed attacker is a remote possibility. Crime figures suggest that about 3 in every 100 attackers will be armed but does that mean they should be considered as dangerous?

The degree to which a weapon is a threat is related to the skill of the person holding it and your skill at self defence. In the hands of a novice a knife might only be considered vaguely dangerous and even less so if you are effective at disarming attackers. This is what the next few chapters will seek to instil in you.

Fortunately most people who use weapons do so to fill an inadequacy in their own personality and to enhance their assertiveness. This is not to say that you should underestimate them but it does mean that they are unlikely to be professionals.

The most likely weapons are sticks, knives, bottles and guns. You will be relieved to know that I have listed the above in ascending order of popularity, so guns are the least popular (at least in Britain). Notwithstanding this you may one day be faced with a firearm and you should know what to do. My own advice is to do nothing. Unless you really are a reincarnated ninja, and haven't forgotten how to catch bullets in your teeth, you are best off doing exactly what a gunman requests. This is not to say that you shouldn't try to escape or disarm him but that comes at the right moment. If that moment doesn't come then don't do it.

Right at the beginning of any situation there will be chaos. This is when the gunman has just produced his weapon and started marshalling people about with it. People will be going in all directions, the gunman will be particularly nervous and this might be the time to do something.

My own philosophy however, which has kept me safe so far, is not to intervene unless the weapon is actually threatening my life. This means that in a bank hold up you would be better off merging with the crowd than trying to get yourself an award for bravery, but if someone is threatening to stick a knife in your guts then you had better deal with them.

Fortunately most attackers who are armed don't know how to use their weapons effectively. Anyone can start slashing a knife around and impress a novice but a trained fighter with a short length of stick could do a lot more damage. Bear this in mind when you are facing an armed attacker. Assessing his stance, grasp of the weapon and method of attack will also give you some clues to his real ability and possible intended actions.

• The level of his slashing will show his preferred targets whilst his grip on the knife will limit how it may be used. A professional knife fighter, however, will not even display his weapon until the moment of insertion.

• Experts in knife fighting generally do not attack with overhead shots but are more likely to grab hold of you before sticking the blade into your body. If you see this is happening then you must slap down the incoming wrist which will have the blade. This instinctive opening defence could save your life.

• If your attacker is flashy with his blade, using it for intimidation and coercion, then you should realise that he is probably not experienced. This should boost your confidence but do not underestimate him because he might still use it. Just realise that he is less likely to be proficient with his weapon.

• The first defence against weapon attacks, after consid-

ering running away, is to talk to your opponent. Reason with him, tell him why what he is doing is wrong and seriously against the law. Tell him that unless he stops NOW he could end up in prison. If this fails then you must be able to rely on your own sense of survival and training to sort the situation out.

• An excellent opening attack when faced with a knife is to bend away and unleash a side kick to your attacker's knee. If this connects and he falls over then you will have enough time to run away, or finish him off.

• If you are facing him in such a way as to be able to get a shot into his crotch as he goes for his knife then do it. The same applies to any attacker who keeps his knife in a boot, this might be a good place for concealment but it is tricky to retrieve in a combat situation without getting a boot in the face.

Remember that feet first is the safest way against any knife. If he begins to close on you with thrusts or slashes then you will have to parry or block and then counter-attack. This does not mean trying to disarm him because you should never try to wrest the weapon from an attacker. That's opposing the force which will work against you. Instead put your efforts into avoiding the knife whilst inflicting damage on your assailant. Once he's damaged enough he'll drop it anyway.

## *Knife Attack One - Forward Lunge*

**Knife attack from the front:**

The thug comes for you with a knife in his right hand. Your timing must be spot on, which is why training with a partner is essential, remembering to start slowly until you have the feel of the moves and then gradually speeding up.

As he comes at you, slip quickly to his knife side and kick him as hard as you can just behind the knee, driving down with all your force on his upper calf. If done right, he will (hopefully) drop to the ground in agony. Make sure you finish him off properly so that he can't get up and try again.

Stabbing and "digging" with the knife. Have your partner approach you with quick stabbing lunges. Your best bet lies in distracting the attacker as quickly and effectively as possible. Someone who attacks with rapid jerky moves like this is probably really uptight, with his nerves strung out, so suddenly laughing and pointing behind him or unexpectedly leaping up into the air is going to freak him out. Throw something at him or if you have nothing in your hands, pretend you are hurling some object. The idea is to distract him so that in those moments, you can act.

## *Knife Attack Two - Short Rapid Lunges In Successive Motion*

When you begin to practise the following routines make them as realistic as possible but DO NOT use a real knife. It is possible to buy plastic replicas of knives which are excellent for sparring or make your own out of rolled up newspaper.

Do not attempt to grab the wrist of the knife hand. A knife fighter's defence against someone grabbing their wrist is so basic and easy to execute that only novices won't know about it. When the wrist is intercepted and grasped the attacker has only to twist his wrist to cut his opponents hand and forearm.

If you do suffer a cut during a knife fight, unless it is really serious it will probably hurt less than a punch on the nose. Knife cuts are usually clean and heal quite quickly. As usual, however, there are exceptions.

Whilst you are defending against an armed attacker my advice is not to go for the knife but you must be aware of what the knife hand is doing. This means keeping it busy and out of harm's way whilst you counter-attack.

Getting an object in your left hand (assuming he's holding the knife in his right) is a sensible idea and is covered under the later chapter "Using Improvised Weapons."

I told you earlier that you must not go directly for the knife but instead try to defeat the opponent. I then discussed how you must look everywhere, see everything and fight with this advantage. Now I intend to tell you that you must ignore everything and think only of the knife.

Whilst my advice might appear contradictory it has in fact attempted to go full circle and complete the picture for you. What we have been discussing are different levels of awareness which allow different parts of the brain to deal with different aspects of the same problem.

## *The Next Aspect To Conquer Is Pain*

Whilst I have assured you that most cuts don't hurt that much, a punch on the nose can. However if you let a little pain distract you whilst you're attempting to disarm someone then you are inviting trouble. If you get nailed by a blow whilst fighting an armed opponent don't lose sight of your goal. Carry on fighting and WIN.

While grappling with a knife carrier, take care not to get hit by the pommel on the handle. On any decent fighting knife these can be quite substantial and used with good effect to club any solid targets such as the head and chin. Remember that the only way to learn competent disarming techniques is to practise those illustrated and then practise them again ...again ... and again ...

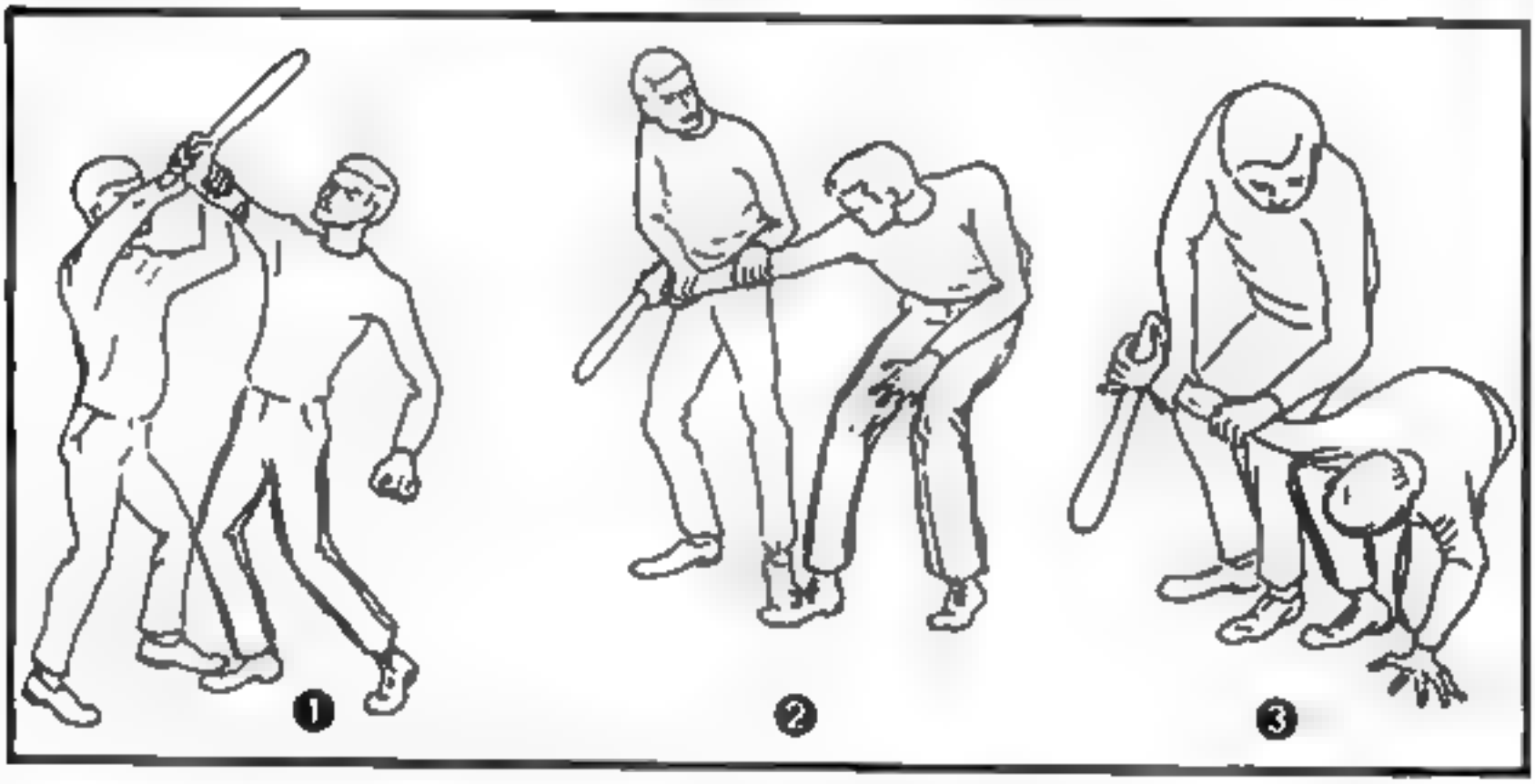
• When facing sticks the most important observation relates to length. Short sticks work close in, - long sticks don't. This means that after you have considered running away and tried talking to him then you should get inside his circle of swing.

If you hover around at stick length your opponent, novice or otherwise, is going to start clubbing you and it will hurt. The only way to deal with the situation is by closing in on him, grappling him to the ground and then overcoming him using the other techniques described in this book.

## *The Club Block And Lock*

The most important factor about any block is to be definite. He can either side step and kick or he can block. If he chooses one, then goes for the other and finally dithers around in the middle he will get hit.

Be definite in your actions and remember that you will have to close in eventually and deal with him. The illustrations show how the block is applied to the incoming arm and then converted into an arm lock by sliding the arm up, over and around the club hand. As the pressure is increased the attacker's body opens up to present its many targets to the defender.




## *USING IMPROVISED WEAPONS*

One essential talent of any successful street fighter must be adaptability. In fact this is probably the point which lets down most Martial Artists. They're just too rigid.

Adaptability means changing your moves to fit the circumstances, not your circumstances to fit your moves. It is an important aspect of street survival but must be combined with others, including improvisation.

With improvisation you begin to gain inspiration which, as a fighter, makes you quite awesome. The secret of success here is using your imagination. Everyday objects can make effective weapons under the right circumstances. Most of the time I don't need weapons because I'm effective at defence, but you may, and you should listen and learn. Anything can be used to defend yourself from attack but the results may not be nice. For example neither a pen stuck in someone's face or a glass ashtray embedded in the side of the skull are recognized uses for these objects but both would deter an attacker. If you feel your life under threat then use all available options to contain the situation.

If you are attacked on the beach or similar terrain then throw sand or dirt in your attacker's eyes. It works in the movies and it works in real life. Similarly if you find yourself under attack use any available object to defend yourself. Umbrellas are fine but only if used correctly. It's no good hitting a drunk over the head with one because drunks don't feel such things. They would however notice the pointed end stuck in their face, midsection or groin.

Often when fighting for your life your preconceptions will hold you back. This is not the route to survival. If someone is trying to hurt/rape/murder you then you must fight back with all your might UNLESS you want to become a victim. Forget about your preconceptions and nail him with whatever you can get your hands on.

The law in the UK is quite specific about carrying weapons you can't! In fact in 1990 the laws were further tightened to such an extent that it is practically an offence for even sportsmen like divers and fishermen to carry knives. This means that if you carry a knife, even for self defence, you are committing an offence. If you feel your life being threatened to the extent that carrying weapons is necessary then I suggest you choose very carefully

CS, Mace and Tear Gas are available on the Continent where they are carried by numerous people for protection against rape or mugging. The major problem (apart from being illegal in the UK), is having to retrieve the canister before use. Most assailants won't allow you the luxury of time to recover your spray which means that you would have to carry it in your hands or an easily accessible pocket. This is perhaps a little impractical. However I have been in two separate incidents where gas was used and I can assure you that anyone who inhaled the stuff was in trouble. Their eyes closed up and streamed tears whilst their lungs burnt and they choked. The last thing they wanted to think about was fighting.

## *The Penny Fist*

When street lights were gas and few and far between London was a mugger's paradise. So much so that it was probably one of the most common occupations. The police force was a new concept still very much on trial runs so defence against the evil-intentioned was largely up to the individual. Hand guns were unwieldy and not the kind of thing a gentleman would carry with him so alternative defence tools had to be found. Necessity is the mother of invention and they say that the so-called penny or copper fist was actually invented on the spur of the moment as one enterprising gentleman was facing a particularly threatening nasty.

He apparently had a bunch of copper coins, pennies mainly, in his pocket and had been nervously twisting them around in his handkerchief as he hurried through the dark streets. Sure enough, a mugger oozed out of the shadows and brandishing a cosh demanded the man's purse. The gentleman slipped the coins, nicely padded in his handkerchief, between his finger and waited. When the mugger was within reach he pulled his fist out of his pocket and let the thug have it full in the face, coppers and all. Thus was the copper or penny fist born - and very painful it was too

When the coins are inserted between your fingers, clench your fist hard round the padding so that your palm is protected. The pennies or coins will cause cutting or at least severe trauma to bone, tissue and muscle. The weapon itself is in fact somewhat reminiscent of a more traditional knuckle-duster.

## *ATTACK FROM THE REAR*

You will be attacked from the rear by the thug who has waited for you to pass and intends taking you by surprise, or by the guy you have consciously turned your back on in an attempt to avoid confrontation. The inexperienced thug will come at you in a rush, feet pounding up behind you so that you have more than enough warning and can turn around to face him in any of the ways already described in this book. What about the guy who sneaks up and surprises you? Some might try to hit you over the head and knock you unconscious before you are aware of them. However, if you have read this book properly and have been training yourself to be alert, prepared and anticipating then you will know he's coming and will have time to counter-attack.

If he's not intending to hit you, then he will close in with some grappling tactic. Almost half of the attacks from the rear involve neck and throat hold, about twenty percent or so go for the shoulders. Just over fifteen percent will grab you around the waist or wherever else they can get hold of you.

Generally the type of guy who is going for you will be either determined to really hurt you and not too much concerned with how much he is hurt, or the guy whose main concern is not getting hurt himself. This is more likely the kind of punk who will sneak up from behind. If he had approached from the front then it is probable that you would have been able to avoid confrontation by talking. He only attacks if his emotions suddenly take over, like a fit of fury or revenge or even panic. But if he gets seriously hurt, he will probably give up fairly quickly.

The man who is more confident of himself and experienced in street fighting is the one to beware of. Even this guy though can be put off by resistance, because, he is looking for prey, easy pickings and will not be expecting a counter attack, especially not if he has come up on you from behind. This is where it is essential for you to move quickly. Surprise is your main weapon here.

But please remember that I am not giving you the only foolproof, fail safe methods here. I am providing you with some ideas of how to defend yourself. It is not enough for you just to know what to do, you have to practise it, practise it and keep practising it until your reaction to an attack from behind is pure instinct. This doesn't mean you have to become some kind of karate expert, just that you will know the sort of thing to do in the case of trouble. Never think you know it all, because if you do, before you know what has happened your nose will be on the concrete. The thugs don't always react the way you expect them to, so your carefully rehearsed flow of moves gets interrupted halfway and you have to quickly invent something else.

I always advise people to shout and scream and let out loud yells as they counter-attack. Not only does this kind of thing freak your attacker out, but it attracts attention and might even get the police on the scene before it is all over.

If you have the misfortune to be attacked by the third category of thug, who is fortunately in a small minority, then you have got to resort to any method to stop him. This is the psychopath whose intent is murder. You can break one of his limbs, wind him or choke him to cut off his air supply or savage his motor or sensory functions so that he

much more than land a few well directed kicks to let him know you are not giving him any mercy.

Sometimes you will have to deal with both arms around your throat, or maybe even one around your throat and the other hand grabbing your hair. You have a few alternatives to choose from here. Make sure they all come very easily and naturally to you by training regularly with a partner. Then if you ever do find yourself in this situation you won't have to hum and ha and wonder which tactic you should adopt. By that time it will be too late.

• Try first of all and reach back to grab him behind the neck. Then clamp his mouth shut with your other hand. He has no option but to let go.

• Use your elbow to strike the hardest blow you can work up into one of the nerve centres on his upper body. Go over the chapter on target areas until you know instinctively where they are.

• Grab hold of his arm and with all the power you can muster, kick back into his shin and knee, scraping down and stamping on his instep as hard as you can. This is bound to loosen his grip so that you can move into the counter attacking, release tactic described above.

All these moves can be used equally effectively to release yourself from a waist hold.

If instead he has a stranglehold on you, you must swing the arm closest to him up decisively behind his back, then reach over his shoulder to grab his face. At the same time get your inside leg behind his knees and grab the back of the nearest knee. Now exert all your strength with both arms and hands - the one you are using over his shoulder to grip his face and the other one around his knee and heave them in the same direction - to the right if he is attacking you from that side, or to the left if the attack is from that direction. He will find himself squarely floored.

## *Attack From The Rear With A Strangle Hold*

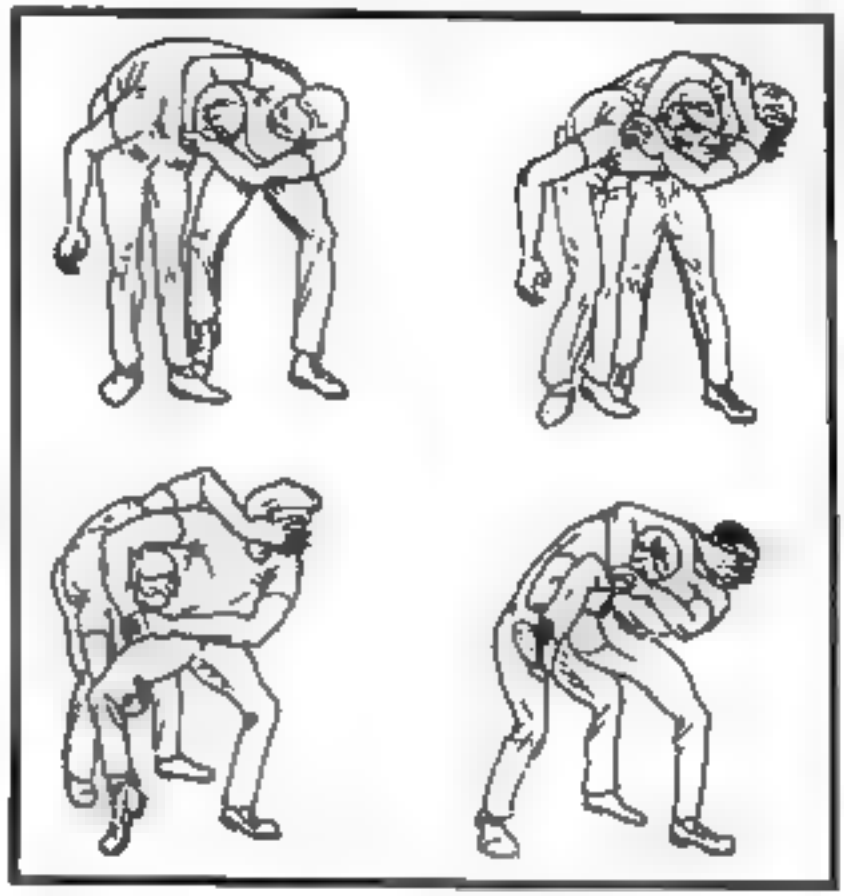
Counter

1. Swing your inside arm back and up behind the back of your attacker.

2. Bring his arm up over his shoulder and grab his face.

3. In a continuous movement, move your inside leg back behind his, taking an underhand grip at the back of his nearest knee.

4. By circling both your arms clockwise (if attacked from the right) or anti-clockwise (if attacked from the left), you will throw your opponent.



## *RUNNING ATTACKS*

You will not easily be taken unawares if you have been developing the characteristics of alertness and anticipation. You should be especially on the lookout in situations that are potentially dangerous, such as on deserted streets, late at night, when you are alone and so on. This way you will not react in panic or freeze up in fear if attacked.

Sometimes an assailant will launch himself at you in a run to try and knock you down. Don't wait for him to connect! As he gets within range, let his face make contact with your open hand driving forwards to claw it while you kick his knee or lower leg. His momentum will carry him right into your thrust. Now drag your hand down quickly and ruthlessly, so that your fingers claw across his eyes and eyelids. Use your other hand to deliver a hard open-handed slap to the side of his face and again claw it open with your fingers.

You cannot afford to feel squeamish about this kind of attack. If you are being attacked with violence and ruthlessness then it is the only way you can respond to avoid possible permanent injury. If you are going to use this tactic then don't hesitate in delivering the blows, but don't use this type of attack unless necessary. If your attacker is still moving forward and perhaps falls forward, it is possible to tear a large portion of his face away.

Many attackers in this situation will immediately try to counter by blocking your first thrust at his face. So then punch him hard with the other hand, or if you are quick enough on your feet, step swiftly to the side and aim a hard kick at his knees. He will drop.

While the attacker's speed and power can be a weapon to his advantage, it can also be used against him and to your advantage. As he comes hurtling towards you, swing

a knife hand into his throat. There is no way he will be able to continue an attack after that.

Whatever the case, make sure your body is balanced and ready for the onslaught. Being steady and prepared actually gives you the advantage over a running attacker. Once again, if you can command the swift footwork required, you could sidestep smartly as he comes towards you, grab his arm as he goes past and stick your leg out in front of him. When doing this be careful your leg is solid and angled correctly so you don't get hurt. If you jerk his arm as you trip him he will probably connect ground level with a shattering force. Make sure you finish him off properly. Instead of playing the role of the victim, you must assume the initiative.

## *AGAINST MORE THAN ONE ATTACKER*

Defences against more than one attacker are not impossible, especially if you use some brain power. In the following scenario imagine that the conflict has reached a stage where it is no longer avoidable. The other guys are intent on hurting you. All gangs have a leader. He's probably the guy who got them all interested in picking on you in the first place and he's the one you should go for if you feel up to it. After fixing him with another hard Zen stare, which lets him know he's got problems, you should attack with a pre-emptive strike. Running at him, striking and grappling him with the intention of breaking past him and getting away from them all.

The exception to this defence might be where one of the gang members is particularly weak or dozy looking. If you spot a weaker point then go for it. If you defeat the leader then the gang will lose its focus. A good illustration of focus is the following story from a student. A lady was getting a lift home one night with a date when what was a minor row somehow developed into a full blown domestic situation.

Eventually the woman could no longer tolerate being in the same car as the man and insisted on being dropped off. As she began her walk home she was confronted by a group of youths who tried to stop her. Still furious from the blazing row she shouted indignantly at the youths "get the fuck out of my way!"

Taken aback by her confidence and aggression, they moved aside and let her through. They obviously considered there were easier targets. The next day she heard on the news of a woman who was gang raped within 3 blocks and half an hour of her incident. Her anger and confidence had, it would seem, saved her.

By keeping on the move you make it much harder for a gang to surround you. Keep this in mind. Once they begin to close on you then you must have worked out your escape route. Don't just stand there and become a victim. Remember that if you are outnumbered and a fight is unavoidable then take it to your opponents.

It must be said that the best form of defence against multiple attacks is that you must use your brain and usually your mouth to get you out of trouble although I know that won't necessarily always work.

We all know what happens in the movies when the unarmed hero knocks out all 8 heavily armed attackers in one minute flat, but we are talking real life here and for the average person, even if they are trained in street fighting techniques, if you're heavily outnumbered escape is all there is on offer.

## *ADVANCED PUNCHING TECHNIQUES*

I always tell my weaker students not to punch until they feel confident enough about their abilities - but by now your confidence should be growing.

Whilst a slap around the head can be just as unsettling to an attacker as a poorly executed right hook, a well focused blow will really make him think. These can be learned only through proper training, and hitting a punch bag is excellent for both power and accuracy.

It is totally pointless being able to unleash a bone crushingly powerful strike unless it actually connects with the target. It's a waste of your energy and will not add to your chances of a successful defence.

Sticking pieces of tape on the bag to signify various body targets will pay dividends in improving your effectiveness at accurate, fast deliveries. As well as showing that your punches are being delivered on target, a bag will also show the amount of force you're focusing.

Some students find that their wrists buckle as they hit the bag. A bending wrist dissipates the power of the punch with obvious results. If this happens to you then concentrate on your line of attack, arm position and locking down your hand and wrist.

As you hit the bag it should buckle before moving away from you. This is because the delivery of force should be so sudden that the bag is unable to immediately absorb it all. A good buckle shows that you are focusing correctly. If the bag simply swings away then you will know that your blows are lacking this vital focus and you will need to work on your muscle tension.

### *More About Muscle Tension*

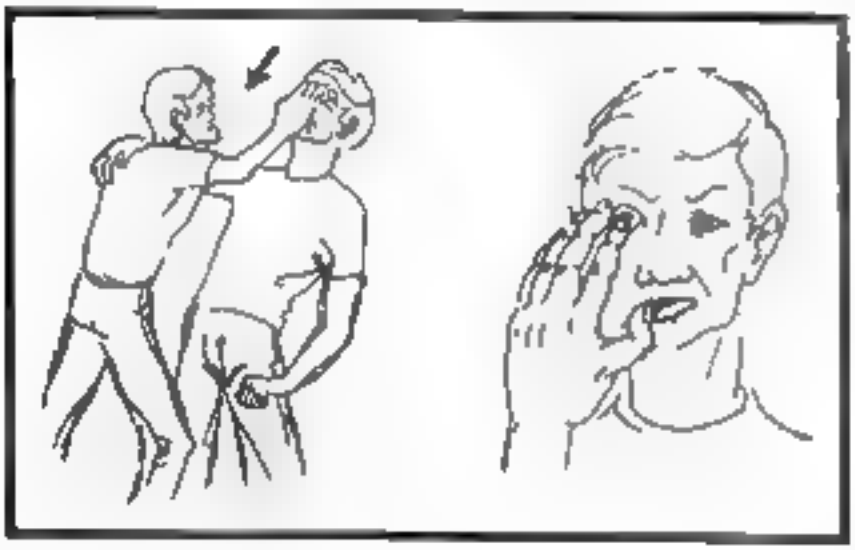
Here is a real Zen riddle for you, in two parts. First the looser the muscles then the faster the blow; but the tighter the muscles the harder the blow.

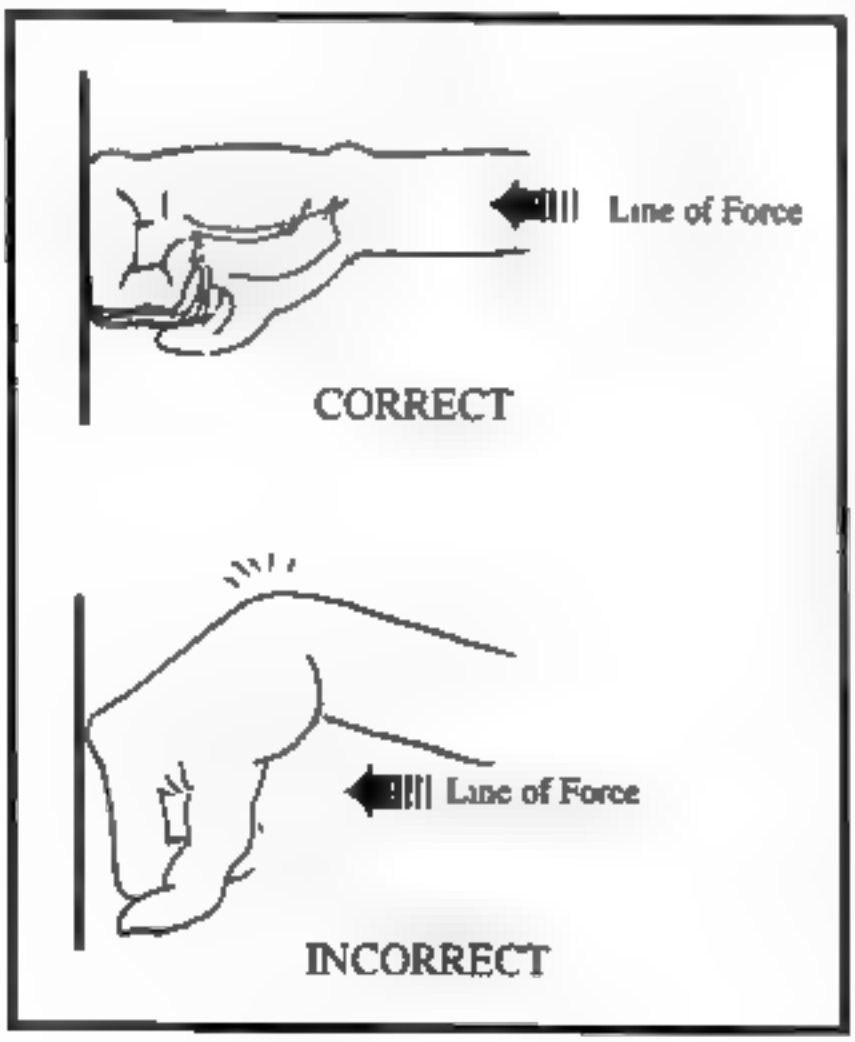
This means that if you throw a punch with relaxed arm muscles it will be more like a speedy jab but had you tensed your arm on impact the blow would have projected more force. Adding some hip roll and body weight would in turn further raise the value of the blow.

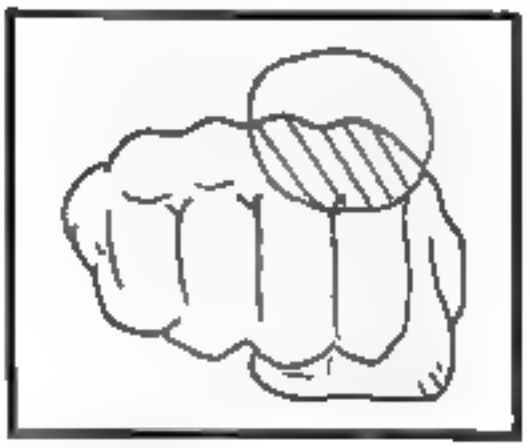
The second important aspect of muscle tension is related to inflicting and not sustaining damage. To hit someone effectively you must make your hand into a fist. Not only will this hurt them more but it will protect your hands from breakage. As discussed earlier, it is important to actually make a proper fist if you are going to punch. This means tightening the muscles in your wrist and clenching your fingers tightly together with the thumb held well in.

Never try hitting someone with a hand that resembles a bowl of spaghetti because you will break it, and if you do, don't think that he's likely to stop hitting you just because your hand hurts!

The other part of this riddle is that having relaxed muscles will help you avoid injuries. Relaxed muscles will roll, rather than repel, incoming blows which boxers call shedding. This is covered under the chapter on Blocking. Having relaxed muscles will give you more manoeuvrability which translates into duck, bob and weave.





## *HOW TO DEVELOP A KNOCKOUT PUNCH*

You've seen it in the movies and magazines and the desire has surged up in you to be able to do it too. The one-blow knockout - clean, quick and so impressive. Well, you no longer have to admire that magnificent prowess at a distance! I unveil the techniques.

The secret lies in the knowledge and understanding of the methods and in the application of the techniques. Once you have learned and mastered these, no one will be able to intimidate you again!

### *Technique Is More Important Than Power*

If knocking your opponent flat in a short space of time depended only on impressive muscles, then all body-builders and power lifters could enter the boxing lists and end up millionaires from knockout wins. Have you ever wondered why they don't?

The answer is that the power-punch and knockouts punch do not require the often awesome strength that body-builders boast. Strength is useless if not properly used and directed! Strength on its own can only intimidate an opponent who is lacking in knowledge. If you are faced with someone who is obviously your master when it comes to strength, he has a psychological advantage over you. Unless ... you know the secrets. I will explain.

- Timing
- Speed
- Velocity
- The theory of power
- The importance of balance
- The body's role
- The trajectory of the punching arm
- The line of power
- The instinct factor

These elements are the ingredients of your success in becoming a power puncher

## *Simplicity In Action*

It might seem that there is too much involved, that it is all too complicated, but as I take you through one step at a time, you will realise that with practise the techniques can be practically applied and used.

Remember that anything you learn the first time may initially look difficult because the concepts are new and strange. Just think back to the first time you tried to drive a car! Driving (assuming you have in fact learnt how to drive) is an automatic procedure - it becomes instinctive - measuring distance and speed and changing gears is no longer a conscious process. You have learnt the techniques and knowledge involved and practise has made them a natural part of your being and activities.

This is exactly what will happen as you practise the steps we outline here. At first, because they are new, you will be consciously "doing" them, they might even feel strange and awkward - like learning to change gear! But once you have the "feel" for it, they will become progressively easier, till they flow naturally and spontaneously from inside! The training programme included will provide all the guidelines you need to develop these new skills. Knockout artists are not born - it is a learned skill. As you refine your speed, your knowledge of the methods and your instinct, you will be able to sweep the way clear before you!

## *Separating Fact From Fiction*

You do not need great strength to achieve a knockout. Neither do you need a long "reach" to pack in as much power as possible into a "connection". It is a fallacy to believe that you have to swing your arm back as far as you can so that there is double power ramming into your opponent when you connect with him. Your punch does not need to travel more than six inches!

## *What You Need Is Accurate Timing, Speed, Inner Balance And Precision*

You will learn from the practical advice in this book to use the conditions you encounter to create a situation of which you can take advantage. You will learn to time your movements to throw your opponent off balance. You will learn to manoeuvre him into a position of vulnerability so that your rhythm, speed and timing can assure your victory. You will learn to take advantage of his mistakes.

One of the main skills you need is precision. As you combine this skill with the instinctive "feel" that will develop with your practise, you will become a proficient puncher!

Precision is essential firstly in your knowledge of the target areas. Not knowing where the punch can inflict the most damage is a disadvantage. It is not true that some people are "knockout-proof". Everyone has vulnerable points. Though some might be more resistant than others, everyone will succumb eventually if they are hit in the right place at the right time. Some are more resilient than others due to previous fighting experience, so their system is not so easily shocked. Strong neck muscles will for instance add protection to a fighter's chin.

As you learn where the vulnerable areas are and practise these techniques, you will start to get an instinctive feel for them. Then as you engage your opponent you will begin to see them in your mind's eye - at this point you will have awesome power because your precision and knowledge will have fused together in instinct and your speed, timing and velocity will consequently be tuned in to support them.

In a nutshell, precision is the ability to strike a vulnerable spot with speed the instant you see and feel an opening.

## *Vulnerable Areas*

The points to concentrate on are:

- The point of the chin
- The area just beneath the heart: the solar plexus.
- The temple
- The side of the jaw beneath the ear
- The groin; the knee; the kidneys and the nose.

It is not necessary for you to memorize dozens of target points. That will merely slow down the instinctive process that you need to develop. Concentrating on the above main areas will hone your ability and greatly increase the effectiveness of your punches. The key really lies in simplicity. Co-ordination between your body and mind will become spontaneous more quickly without a complex network of facts and information to assimilate.

## *Primary And Secondary Targets*

These are the areas to aim for to achieve an actual knockout. They include the temple; side of the jaw, point of the chin and the solar plexus. The other areas, which we are calling secondary targets, will incapacitate your opponent - they will stun or weaken him so that you can achieve the knockout more easily. Body blows to the kidney area, just below the heart, the nose, groin and knees will generally bring him down so that you can deal with him, - especially in street fight situations.

Make a conscious effort in practising blows to these areas to get an instinctive feel for them. Practice and persistence will soon co-ordinate body and mind into instinct. As you follow the training programme you will learn how to direct your blows and make them really count.

## *Knockout Blows*

Connecting the point of the chin will generally knock your opponent out when correct punching form is combined with a great deal of force. Throwing a hook punch at the temple, or to the side of the jaw right beneath the ears, will aid a knockout. An added advantage of the jaw punch is that the body momentum increases its effectiveness as it connects with the opponent from the blind side.

## *Secondary Incapacitating Blows*

The following blows, when correctly performed and used with a great deal of force, will weaken your opponent, thus making a knockout on your next strike more likely

• Striking the solar plexus with the fist will wind your opponent and cause nausea.

• A blow on the nose will not only cause intense and disorientating pain but will stun your opponent and set him up for a knockout

• A punch into the kidney area is an excellent preliminary to the clinching blow.

• While kicking the groin will not knock your opponent out, it will almost totally incapacitate him so that you can deliver the finishing punch.

• Connecting with your opponent's knee will throw him off balance and open the way for the knockout

## *Increasing Effectiveness*

The first step towards effective punching is knowing the vulnerable areas.

The second step is knowing how to harness all the potential of your body to make the best use of your specific resources.

To do this you must be able to "put your shoulder behind the punch" The line of greatest strength runs from your shoulder down your arm, through your knuckles to the target. If your shoulder is correctly behind the punch, you will not suffer the "recoil" when your fist connects with your opponent - his body will have to absorb almost all the shock This is an important factor in achieving a knockout. If your shoulder is not correctly behind the punch, you will feel the "recoil", or rebound, from the punch and it will throw you off balance Concentrate on keeping your elbows in as much as possible, without actually cramping your movement. If your elbow is pointed out, you will not be making full use of the line of greater force and the punch will be weaker Keep your wrist straight and rigid when punching.

• When you deliver a right cross with elbow out, it will not be strong enough to ensure a knockout, whereas keeping it within the line of greater force will back it with the momentum of your whole body and increase the shock of connection.

• Even the whip-like hook gains greatly in effect and force if the elbow is kept in, since it brings the whole body in support of its impact. With the elbow in, this blow can be devastating. This is a very simple demonstration of the effect of punching within the line of greater force.

• If your opponent is punching with elbows out, he cannot take advantage of the added power and force that he could have counted on from the strength of the shoulder and body behind it. If however he is keeping his elbows in, his resistance and balance cannot be offset in this way since he is benefiting from the additional force of the line of power through his shoulders to his fists.

## *The Secret Of Gravity*

Applying the techniques and methods explained here will redouble your effectiveness if you harness the force of gravity and balance in your own body

• Imagine a line running down the centre of your body. This must be the axis from which you direct all your defence and attack. See it as the pivot point from which you launch your blows.

Power punching is most effective when you punch slightly past this centre line, turning your body slightly towards your opponent. This brings the gravity, momentum and force of your whole body into play behind the punch. Your punch will not just stop "at the surface" but "go through" - in other words it has greater penetration and depth as you move past the centre line.

Imagine the line down the centre of your body as you stand on guard and prepare for a left hook. Then hook past the centre This will make sure you do not out-reach yourself and overbalance. In punching slightly past the centre line you will not be opening yourself up dangerously to your opponent's counter-attack.

A jab will gain in impact if you launch it just beyond the centre line It will harness the force of your whole body and will help to set your opponent up for a more powerful blow.

## *Foot Movements*

While your body is using its own momentum and gravity and the line of greater force in landing blows, it must be correctly supported by the legs. The smooth, or gliding, step carries the blow and makes sure that it lands with full effect. Your opponent is not going to stand obligingly still while you land punches! He will be ducking and reacting to your moves. Consequently, it is important that you don't advertise your movements with steps, jumps and starts. If

you move threateningly and obviously towards him, he will instinctively prepare himself for the punch you are preparing.

It is important that you practise the smooth or gliding step so that he cannot gauge when you are coming and where you are coming from. Do not lift your foot with deliberate, purposeful, steps but glide forward with your punch. Raise your foot so that it barely grazes the surface of the floor as you move forward. Your opponent will not be aware of your move until the punch has landed. This movement will combine with the other factors of speed, precision and instinct.

• If you stand motionless while throwing a punch, it runs the risk of falling short. If you glide in as you punch, you will connect with your opponent with greater body force and penetration.

• Do not stand at a distance from your opponent and "reach" out towards him. Glide in close enough with your punch to hit him forcefully.

Using the gliding step with the body hook will bring much more power to bear on your opponent.

The gliding step helps to carry the force of the blow so that it becomes a knockout punch.

Without the gliding step, the hook lacks the deadly effectiveness of the punch at a closer range.

## *Reflex And Response*

Speed can be a deciding factor in using the techniques explained above. This does not mean the number of punches you can execute in a certain space of time. It means how quickly you can land a blow in a damaging spot when there is an opening.

To use speed effectively, you must know when your opponent is likely to leave himself undefended; when he is making his first move; when he is countering your attack, when he is thrown off balance by a punch; when he is recovering from his own attack.

Your reflex ability to land a telling blow at these times will be sharpened by practise. Learn to "read" his movements. He will advertise his attack intentions with body movements - for instance, pulling his right arm back for a punch. In addition to this, inexperienced fighters usually pull their face into a grimace before they make an attack because they tense up.

You will find that as you practise the techniques, you will be developing an instinctive "feel" for your opponents and their intentions. Your speed will grow as this ability to interpret their body movements grows. You will react quicker and be able to get in blows before they can finish the movement they start.

## *Inner Balance*

The final "binding" element of these factors is your own inner balance. This too will come as you practise, as you gain confidence in your knowledge of the target areas and in your ability to use the techniques explained above naturally and easily.

Inner balance in effect means a relaxed approach. If you tense up before you throw a punch you will greatly reduce its power as well as detracting from your ability to recover quickly. Tension will rob you of the speed and the "feel" for your opponent and his moves. When you are relaxed all your potential is ready to explode into action when needed.

You can practise this by using a heavy bag. Stand in an on guard position with your body relaxed and your fists half closed, ready to leap into action without tensing up. If you become aware that your muscles are tightening, concentrate on loosening up. Focus your mind and body on the bag, in your mind's eye picture yourself doing a swift gliding step into the bag and striking out. Then glide in with a punch - close your fist and tense up only when it actually strikes the bag, sharply exhaling as you punch, and then immediately relax again. When your muscles are concentrated on the target and yet relaxed, your punches pack a great deal more power.

• Tense only on the point of impact when your strike connects. Relax immediately after.

• If you tense up, he can more easily connect with you. Confronting an opponent with this relaxed attitude you can strike him as he moves to hit you. Lack of tension will enable you to throw a punch before he realises you are moving. As your opponent moves towards you, you will be able to swiftly counter from a relaxed position with a stunning attack.

Inner balance will increase your speed and instinct. Remember, except for the brief moment your punch connects, tensing up will rob your punch of power. Relaxation will help enable you to harness all the force of your body, the movements of your feet and your body momentum, speed and penetration and turn you into a deadly weapon of precision.

## *Beyond The Surface*

Many sports mention the "follow through" and power-punching is no exception. You need to learn to propel the full force and weight of your body as support behind your punch. Picture the punch actually going "through" your opponent - but just stopping at the surface of his body. As your shoulder and hips drive the punch through and your rear foot acts as a pivot, it is not just your arm and fist that connect but the true knockout power.

Practice this with a heavy bag. You have seen the cartoon strips with the hero's arm punching right through - picture yourself doing the same thing! Then see your fist going through your opponent to the back of his skull or through his chest!

• A left jab without a follow through will graze off the opponent's chin and also send much of the impact shock back up your arm. The same jab with follow through will send the full shock through your opponent and penetrate deeper.

• The same principle applies with uppercuts. Without the follow through, it is only your arm that is applying force. As you follow through, the momentum and force of your whole body delivers deeper penetration.

## *Reflexes And Timing*

Practice, practise and practise the above keys. As the movements become more natural and spontaneous, you will find that your eye is being "tuned" in and your instinct is honing your reflexes so that your timing becomes a deadly advantage.

Accurate timing will let you gauge the split second to punch when your opponent has opened up in counter-attack, when he is momentarily off balance, as he is launching his attack, stepping forward with a foot in the air or recovering from a punch he has thrown at you. Your sharpened reflexes and timing will help you feint and then shoot in as he is disorientated. The "feel" for the right moment will enable you to take advantage of your opponent to a point that is almost unfair!

You will find that practise will help you anticipate your opponent's moves. You will very quickly get a feel for his reactions and take advantage with split-second reflex timing. Catching him open or off balance will disrupt his recovery ability and set him up for a painful blow. Learn to attack the moment he moves in for the first action. The speed of your reaction will unnerve him, as you anticipate his moves, attacks and defence, and shoot in accurately timed blows.

As with the other exercises, your feel for the antagonist's moves and counter-attacks will become instinctive as you practise. You will actually be surprised how quickly you learn to react. If you dedicate and apply yourself to the training programme given on the following pages you should see dramatic improvements in your punching power over the next few weeks. After two or three months you will certainly pack a punch you will be proud of.

# *TRAINING PROGRAMME*

## *Goals And Strategies*

You must have a goal that you work to attain. If you don't know where you are going, you will not know when you get there! And in the process, you will lose the way. Establishing a goal will help you train in a positive and directed way. It will help you to concentrate your energies and efforts in a constructive manner so that you don't waste your time with exercises and training that do not work towards your final goal.

The aim of this training programme is to turn you into an effective knockout puncher. I present certain guidelines here that will help you train towards that goal. But remember - you are an individual, you are unique - as you bring your own resources and initiative to bear you will develop exercises and techniques to increase your power and effectiveness. You will find that as you approach these guidelines with a creative and constructive attitude, you will invent many methods and exercises that will particularly benefit you in the way you think, move and react.

## *Precision Exercises*

I suggest you do these exercises in sets and repetitions. For instance, ten repetitions with a left hook, ten with a right cross. Rest and repeat - twice if it is a two-set routine, three times for a three-set and so on.

1. Using a punch bag, mark the exact spot to punch. Move in with your gliding step and use different kinds of punches. Make sure you hit the exact centre of the spot you have marked. Then concentrate on increasing speed. As your co-ordination becomes smoother, bring the force and momentum of your body into play.

2. Suspend a tennis ball from the ceiling, first at one height, then another. Practice hitting it from different spots.

3. Keep your exercises fun and challenging! As you walk down the street, picture people as targets. See the vulnerable spots in each and picture in your mind's eye how you would attack. This will heighten your mental awareness and keep you on your toes - it will also be training your instinct. Unpreparedness and aimless punching are common among untrained fighters and will result in defeat.

4. Practice with a partner. Avoid his punches by ducking and slipping. Learn to react with quick blows before he can recover. Concentrate on precision. It is best to start off slowly and as you improve pick up speed.

## *Using Gravity*

1. To encourage your "feel" for your body balance and centre line, stick some tape down on the floor and stand with your legs on either side of it. Let the tape represent the imaginary line that runs down the centre of your body. Now practise punching past this line. Eventually you will be aware of the centre of balance in your body and will not need the tape any more.

2. Once you have the feel for it, practise in front of a mirror -seeing the line in your mind's eye.

3. Be careful not to extend your punch past your shoulders. This will leave you open and undefended and can affect your balance adversely.

Using the knowledge of body balance and the centre of gravity will stop you from overreaching and throwing yourself off balance or hindering your recovery.

## *Reflex And Timing*

1 The pear shaped punch bag that can be found at any boxing gym is one of the best means of developing your reflexes and timing. Do not punch from a standing position. Keep moving around and throwing different kinds of punches - hooks, jabs and uppercuts. Imagine it to be a person who is swinging at you!

2. Suspend a tennis ball from the ceiling. Treat it as though it were an opponent. Hit it as though you were countering an initial attack. Follow it through as though your opponent were retreating. Duck and slip as it swings back, hook it as though your opponent had missed and so on.

3 Practice with a partner and try to flick his forehead with your fingers. He must slap your hand away before you can touch him. If you do not advertise your moves beforehand, he will not be able to anticipate your timing and you should manage to touch him at least half the time. As you practise with the same partner, you will develop a feel for his reactions and will learn to take advantage of any lack of attention on his part.

## *Following Through*

1 Use a square, stationary wall bag. Throw punches that you follow through with your whole body. The momentum of your shoulders and hip and pivot on the rear foot.

2. Using the heavy punching bag, imagine that your blows are going right through to the other side. Meet it as it swings toward you and picture it as an opponent moving in for the attack. Practice both single punches and a combination of punches.

3. Shadow boxing will help you loosen up. Turn your body shoulders and hips slightly toward your "opponent" and use the rear foot as a pivot. Glide into the blow. With practise the moves will flow into a smooth, instinctive technique.

## *The Line Of Greater Force*

1 Isometric exercises will help develop your awareness of this line of power. Stand on guard facing a wall and push against it with one hand for the count of ten. Repeat three times. This will strengthen your straight punch.

2 Facing a door frame, push against it with your hook fist for the count of ten. Repeat three times. This will help to develop your hook punch.

3. Throw slow punches into the air, shadow boxing while concentrating on the line of greater force and keeping your elbows down. Move around, exaggerate your movements and as you get the feel of it, speed up the punches.

## *Gliding Step*

1 Stand on guard with your heel pushing against the wall. Move forward with force to punch, pushing yourself from the wall with your heel. Be careful that you do not lift the other foot in a step - let it slide over the surface of the floor. Once you have the feel of this, push yourself forward without using the wall.

2 Using a partner, try to grab his arm as you glide forward. From a distance of about three metres, slide in without advertising your intentions. As you improve he will not be able to move away before you grab him. Then instead of trying to get hold of him, throw a punch as you glide forward.

## *Speed*

You need quick reflexes and reactions as well as quick hand movements. You must keep the target areas, the vulnerable points in mind and direct your punches primarily at those areas. Always start slowly and as you gain in practise, speed up.

1 Stay relaxed and throw punches into the air. Without pushing beyond your limits, increase your speed until you are punching as fast as you can.

2 Hang a piece of string from the ceiling and punch it as fast as you can. Then punch and snap back before connecting with the string - as you gain experience, the speed of your punches and the force of the movement should make the string swing without being touched.

3 Using a partner, get him to slap your hand as you punch at him. You should beat him to it.

4 As your partner slaps your hand, penetrate the opening he makes between his block and your attack.

5. Let your partner attack, then attack as he recovers. Or attack him as he prepares to launch his first blow.

## *Inner Balance*

Your mind and emotions must work in perfect co-ordination with a relaxed body. A relaxed and confident attitude will remove tensions and increase your power.

1 Concentrate on standing relaxed from an on guard position and throw punches as forcefully as you can. You should tense up only at the point of contact, so just before your fist connects with an imaginary target, close it and tense up for the blow.

2. Repeat the exercise with a heavy punching bag, moving in from different directions as though it were an opponent. See yourself "explode" on to the bag as it swings towards you. The sound of impact will be different if you hit it relaxed and confident. If you connect with tension the sound will be a dull thud as opposed to the explosive sound generated from a relaxed position.

3. Shadow box with 3 pound hand weights. Stay relaxed and let the weight shoot your punches out. Rest after three minutes and then repeat.

4. Spar with a partner without making contact. Practice moving lightly around him as relaxed as possible. As you punch, slip, feint and duck, concentrate on staying relaxed.

Daily Training Programme (to be practised 6 days a week)

1. 3 rounds shadow boxing
2. 3 rounds sparring control
3. 3 rounds free sparring
4. 3 rounds heavy bag work
5. 3 rounds light bag work
6. 1 round shadow boxing

One of the key factors in achieving your goal is discipline. You will find that if you make a conscious decision to undertake a specific training programme and keep track of your progress, it will be easier to stick with it on those days when you really don't feel like it.

## *Shadow Boxing*

Recognized as one of the most effective training exercises, shadow boxing will help fuse the various techniques I have described into a perfect whole.

1. Stay relaxed and shuffle around smoothly and comfortably to warm up.
2. Once you have loosened up, move faster and pack greater force into your punches.
3. Concentrate on the gliding step, picture your punches landing on the vulnerable spots with precision. Mentally run through the techniques I have mentioned as you box.
4. Repeat each three minute round three times.

## *Sparring*

The purpose is not to impress your opponent but to develop your skills - in this case your punching power. Most of the sparring exercises have that goal in mind. Obviously you should only make light contact with your partner unless you are both wearing protective clothing.

1. Round one - let your partner throw punches at you and practise ducking and slipping them, countering with a blow to a specific vulnerable point.
2. Round two - let your partner block your attack. As he tries to counter it, you beat him to the punch. This will develop your timing.
3. Round three - let your partner launch the attack and you try to anticipate and catch him.

## *Heavy Bag Work*

Using the bag just to see how hard you can punch is worthless. You punch to develop form, technique and power as you practise these exercises in rounds of 3 minutes each.

1. Round one - keep your punches light and vary them - use jabs, hooks, crosses and kicks.
2. Round two - concentrate on individual punches, doing about ten to fifteen repetitions. Mentally run through the techniques I have explained as you practise.
3. Round three - treat the bag as though it were an opponent. Use the principles explained to connect with power, bringing all the different elements into play.

## *Light Bag Work*

If you are a beginner, it is advisable to start with the larger sized pear-shaped bag. Then progress to the medium and then the smaller bag. The small one is the faster.

1. Round one - using straight and backhand punches, punch the bag lightly, two punches for each hand. As you get used to it speed up till you get the "machine gun rattle" sound.

2. Round two - as the bag swings, move around it in a semi-circle as though it were an opponent. Mentally run through the knockout techniques explained as you jab and hook, and hook and cross.

3. Round three - imagine you are countering an opponent by ducking and punching, slipping and punching, blocking and punching. This will improve your gliding step and punch, the timing and use of the line of greater force.

As you practise, using these various elements, you will gradually find them fusing into a whole, guided by instinct and directed with speed and power. Your powers of concentration will develop and the co-ordination of mind and body will be trained into being an effective fighting machine.

## *BACKFISTS*

The movies would make you think that this blow was only ever used on attackers from behind, but the movies would make you believe a lot of things. This is not the best use for it. A back fist to the temples or side of the jaw is much more likely to leave your opponent wondering quite why he tussled with you.

The back fist is an acceleration blow which although delivered with the leading fist starts from the trailing hip.

The hand should be relaxed to increase speed and manoeuvrability as it travels across the body before tightening just before impact. This clenching of the fist serves several purposes. It projects the force from your hips and body weight through the two larger knuckles for a devastating effect, and it protects your hand against damage.

Don't forget what I mentioned earlier about frame sizes and breaking bones. If a smaller framed person's fist collides with a larger framed person's then breakage can occur. You must protect against this by forming a tight fist and not hitting silly targets.

If you practise back fists on a partner then you will find that they are much harder to spot when drawn across and close to the body. The problem with this technique is that it can increase the tension in your wrist and elbow which will slow the blow. Practice will dictate the best path for your hand but try to not let it swing out too much. You will again lose power and be more easily blocked.

## *PALM STRIKES*

Palm strikes are one of my favourites. They're a remarkably simple blow to deliver and yet on the right targets can be devastating.

Palm strikes begin and end with an open palm, but the wrist locks out at the moment of impact to thrust through the target. Because they are delivered with relaxed muscles the move can be executed much faster which means there is less time for your opponent to block.

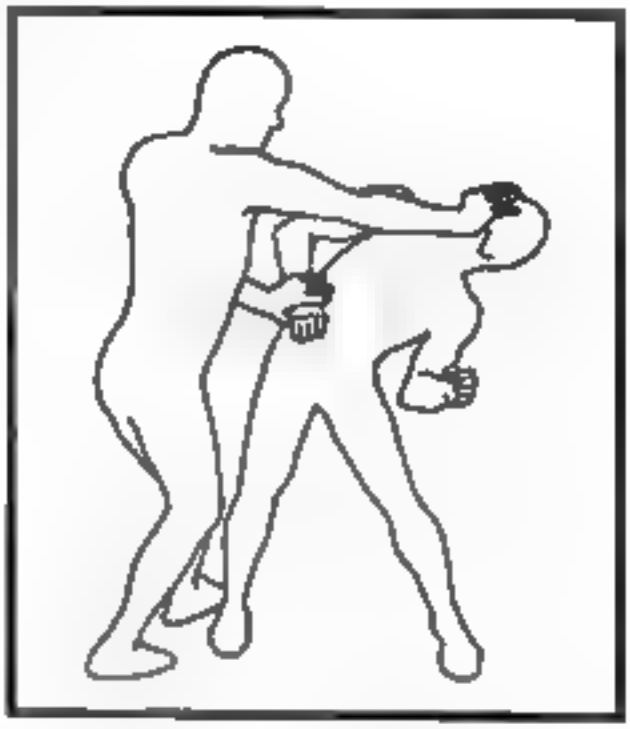
Added impetus is included by rotating the hips and projecting body weight through the arm as the wrist locks on connection with its target.

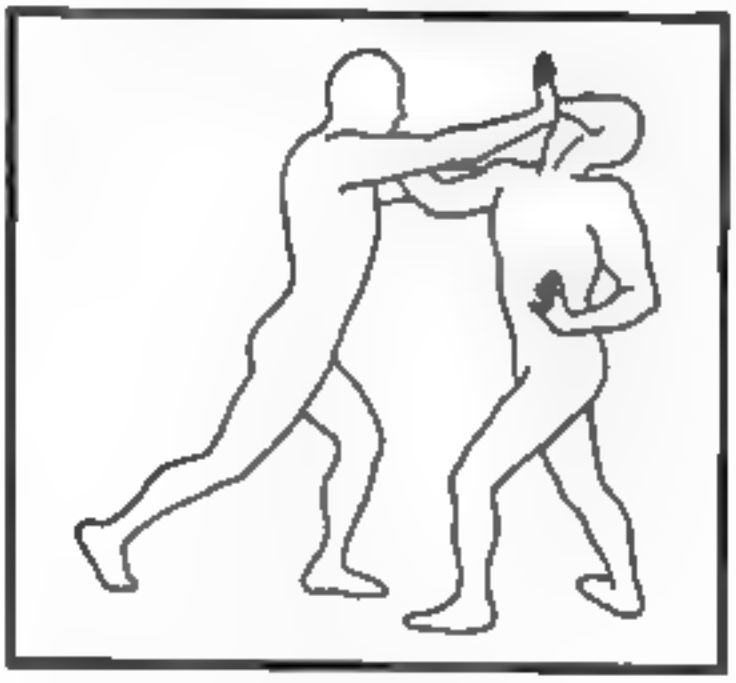
Because palm strikes can be executed at close quarters they are very useful for street fighting, so when you are grappling or rolling around, remember this. Accepted targets for the strike are the solar plexus, the floating ribs and the chin.

In fact I remember one fight where an opponent came at me with a defence which was so ragged I was able to get a superb palm strike onto his chin. He went down immediately but was lucky. My boxing training should have dictated that I use an uppercut on him which would have seriously laid him out. However I'm not too keen on upper-cuts unless really necessary. Not only do they hurt the other person but they can also hurt you. A badly executed or mis-delivered uppercut can easily break something in your hand whereas you would have to be extremely unlucky to break your palm.

The biggest danger to your hand from this strike is delivering the force with your fingers or upper palm. These will generally bend backwards and either strain or break.

One of the essentials of any strike is recovery, which means getting your hand back and then using it for something else. However one of the essentials in winning fights is continuous attack. After you have executed a palm strike to your opponent's chin the fingers can be very ably employed to gouge into his face. This is continuous attack and deters attackers.





## *HAMMER PUNCH*

The Hammer Punch is really a clubbing blow which would be included in the defence of any one capable of making a basic fist. In its bare aggression form it has little style or finesse which means that the average street fighter is able to spot it and stop it.

The hammer fist can be practised to focus the animal aggression in it and it will then become more useful. Notwithstanding this, it is really best saved for opponents who are already stunned and operating without full defences. The hammer fist is simply the bottom of a closed fist which has been swung in an overhead arc to add power. On impact you should try to focus your entire body weight into the blow and let out a scream. This will add impact!

The best targets for pounding are the nose and the clavicle. One thing about the hammer fist is that you are unlikely to damage your own hand should you accidentally hit something solid ... like a skull.

## *Practising Your Hammer Fists*

Heavy punch bags are ideal for practising this pounding punch. When executing these punches ensure that your fist does not travel too far in the horizontal plane. It should begin from the hip and follow an overhead arc towards the target. Allowing the arm to swing out as it comes over results in loss of power and makes the shot easier to spot. These are called Hay Makers and are not good. With practise you should find the right path for the fist without upsetting your balance.

## *REVERSE FISTS*

This is an acceleration based blow which, like the palm strike uses hip rotation to transfer body weight into the impact. It is nearly always used on a square facing opponent against his solar plexus and floating ribs. The pure reverse fist is a martial arts blow which needs a little modification for real street fighting. Your sensei (karate instructor) will tell you not to raise your rear heel as you deliver the blow but you may find it easier to maintain your balance if you do. This demonstrates the necessity in the Arts of maintaining a perfect pose over a practical one. In street fighting the opposite is most definately true.

As with all acceleration based blows the concept is fast relaxed recovery. It should be like a whipping action going in and out. A punch bag is excellent for perfecting well focused reverse fists. As you hit the bag it really should bend in the middle before swinging away.

## *HAND CHOPS AND KNIFE HANDS*

### *The Knife Hand*

This is formed by holding the hand as in the hand chop position, but with the fingers bent slightly at an angle to the palm. The knife hand can be used in two ways, both extremely painful. The downward chop is the first, and is shaped by bending the arm at the elbow and swinging it down in a hammer-like motion. Be sure to keep the fingers rigid and close together.

The second is the side chop which is formed by slashing or swinging in a semicircle from the elbow, striking with the edge of the hand. Both attacks can cause excruciating pain, when executed in the correct manner and speed. Both should be practised against a suitable padded surface. Speed is your ally - learn to strike fast.

Despite my many reservations about the martial arts usefulness in street fighting, this is one blow which I can fully recommend.

Basically the hand chop is the classic karate blow called a shuto or knife hand which is delivered as an open handed strike. It can be unleashed with speed and is a natural follow on after you have blocked your opponent.

The side of the hand can deliver a lot of force without breaking the knuckles and is more easily focused than a fist. The most effective targets are the side of the neck and the clavicle. A well delivered blow to the side of the neck will have a stunning effect on your opponent's supply lines whilst a chop to the throat will drop most attackers. This is a very dangerous blow which would collapse the wind pipe and cause consequential breathing difficulties. It is therefore a shot which should be saved for survival situations but must also be borne in mind as a potential incoming.

The best defence from a throat shot (and most type of head shots) is to keep your chin tucked over the neck. You will recall that the clavicle is one of the easiest bones in the body to break and a hand chop is just the blow to do it. Hand chops can be delivered as either acceleration or power blows but both require a relaxed arm.

The acceleration shots are faster and more useful for hurting opponents whilst the power versions are better saved for when things have slowed down a bit. Then they can be used to deliver knockout shots or bone breakers.

Hand chops can also be delivered from the side of the hand with an upward slashing motion but you must remember to keep your thumb tucked out of harms way. When executing these blows it is also advisable to keep your fingers bent slightly inwards because this minimizes the chances of breaking your pinkies.

## *THE HAND/HEEL SMASH*

Fortunately this blow has nothing to do with putting your foot in your mouth, which would be much too impractical for street fighting!

Your heel is, in fact, the part of your hand where it meets your wrist. This area is quite tough, especially if you remember to tense your muscles, and can be used quite ef-

fectively as a club. Although the blow might be regarded as primitive, it does have its place in street fighting.

The hand-heel to the solar plexus is a very good close up strike.

The open handed throat shot can be very effective when executed with power.

For a weaker or less skilled defendant it is an easy shot to execute from a swinging action to the side of the jaw but it can be blocked. Much I have said about improving your techniques in palm strikes and reverse punches is relevant to the heel smash and you should refer to those chapters.

The heel smash is useful for close in contact when the fight may be developing into a wrestling match. This is the time to nail your opponent with a stunner to a vulnerable target and begin to upset their confidence.

## *USING YOUR HEAD*

This is a corny title, but I had to use it because it is so appropriate! Street fighting is all about using your head by adapting what you've got to overcome what you're faced with. This means that if you're not a strong or skilled defender then you must take what nature has given you and use that. Your head is a very solid, heavy battering ram which hurts like hell if connected to a opponent's nose. Head butts are ideal defences because they can be executed on a close in attacker, the kind of grappler often encountered on the street. When considering the head butt you must not forget that it is a multi-directional defence.

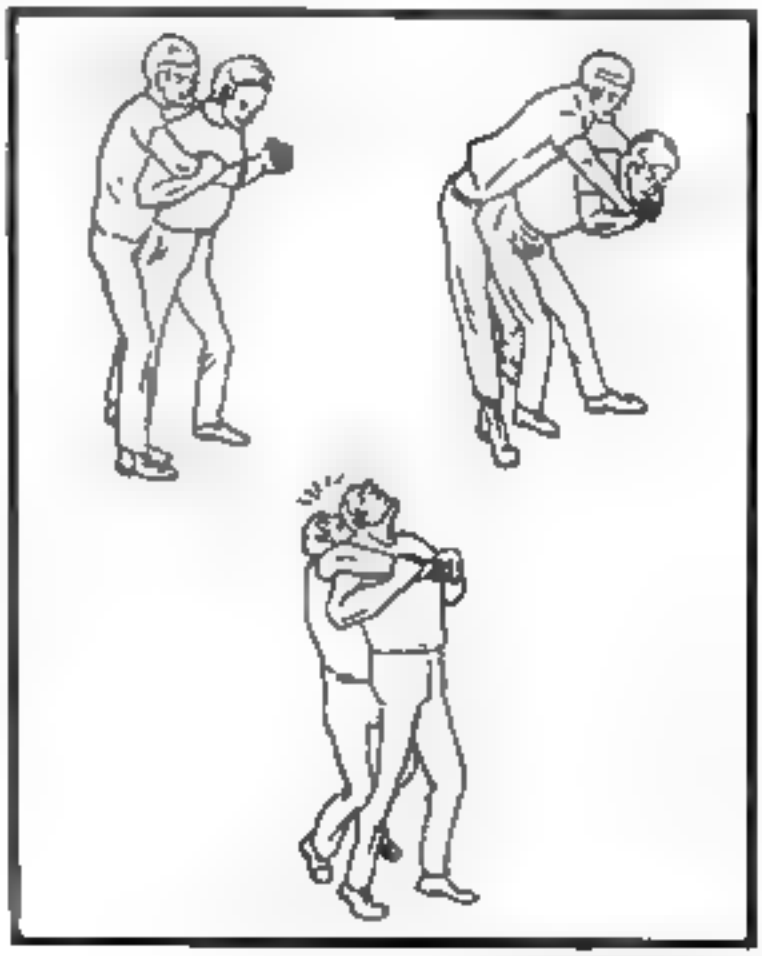
One student recalled how she was grasped from behind whilst walking to her car in a multi-storey car park. She said that after her initial moment of sheer panic she remembered someone telling her to throw her head backwards if ever in such a situation. This she did and connected nicely with her assailant. In shock, pain or whatever he released her and ran away.

Anyone grasped from behind should immediately drive their heels into the attackers shins so he will lean forward, then fling their head backwards in to the attackers face. Backward butts are unlikely to hurt you, although front ones can if you don't do them correctly. You should be aiming to connect your forehead with your opponent's nose.

1 A grab from the rear

2. Defender thrusts his hips strongly back into the attacker and simultaneously drives both his arms upwards to break the hold.

3. Defender, clasping the attackers wrists to prevent him from moving away, then smashes his head back into attackers face



If you clash your heads then the smaller framed person will come off worse. Butts also work sideways, more likely to be of use when grappling close in

If you're in a clinch and trying to grapple your attacker to the ground, your grappling technique will be much more effective if you butt him in the face. It will weaken him and make it easier to take him down. If you are in a clinch and the attacker starts to get you in a hold, smack your forehead hard into his face

Head butting is a great technique to use when your arms are pinned down. If you are held from the front, thrust your forehead forward and smash your opponent on his nose.

## *BITING*

When I talk to my students about this I am always reminded of how society has changed. When I was a lad and getting involved in my first fights, biting was widely accepted. A few purists might say that biting your opponent was rather effeminate but they never had to fight for survival on the street. Purists don't know that anything is reasonable on the street if it aids your survival.

A rash of social diseases, notably AIDS, has, however, changed attitudes to a defensive bite. Everyone is paranoid about catching something, and not without good reason.

Given the choice between biting for survival or dying disease free, most sensible folk would opt for the former. Biting is not generally regarded as an opening defence. It's usually saved for later in the fight when things have become more intimate: grappling has graduated to groundwork and you're rolling around trying to escape. This is the time to bite.

One of my lady students recalls how she was once attacked. After wrestling her to the ground her assailant managed to climb on top and was pinning her down by the shoulders. Suddenly everything went calm and she looked up to see that he was unzipping his trousers. This was when she went into survival mode and tapped into her inner spirit. Slipping under him she found her face in his groin and bit into his inner leg. She said the speed with which he retreated was incredible

After flying six feet backwards he collapsed holding his leg and trembling in shock. She made her escape and decided to learn some more about self defence, which was when I met her. When she told me the story we analysed what she had done and I now use it to illustrate several points.

By slipping under her attacker, rather than trying to push him upwards, she was flowing with the force, not opposing it. Also, the thigh is an excellent area for biting because the flesh is soft. The bottom, inner arms and stomach are ideal because there's enough flesh to get a good mouthful

Human bites often become infected because saliva is so powerful. Your attacker's body is likely to find it tricky dealing with the saliva your bite left and an infection is a nice souvenir for him

Most biting takes place through clothing and biting into fatty areas saves your teeth. If you need to bite to save yourself then do it, and do it hard.

## *THE CLAW*

The "Claw" is used in a pincers attack to the throat. Strike rapidly, using the thumb and index finger to surround and grasp the entire larynx, then tighten your grip as powerfully as possible.

If this doesn't stop the attacker, you are in a position where you could rip his throat out. Be aware however that this is likely to disrupt breathing and the assailant will probably die from suffocation.

You must have tremendous finger strength to make your eagle claw a deadly weapon. The best way to develop this kind of strength is to practise spreading and flexing your fingers with great tension until your grip becomes very powerful

## *PULLING THE HAIR*

### *Backwards Whiplash*

This technique can be very effective when properly executed. Slip your fingers into the attacker's hair grab tightly, and then whip the head sharply backwards and downwards to the ground.

The key to this move is the sudden yanking of the head off its axis in the spine. This breaks the attacker's balance - and where the head goes, the thug follows. When done properly, the head will bounce off the ground, causing serious concussion damage to the brain.

### *The Pulldown*

Another technique is to interlace your fingers behind the attacker's neck. It is essential that you point your elbows downward as you jerk his head downwards. If your elbows are pointing out to the sides the technique will be weak. Slam his head into a knee smash or pull him all the

## *ADVANCED LEVEL TARGETS*

Hitting these Advanced Targets can have a devastating effect on your opponent, especially if attacked with the right blow and accuracy. Knowing your own weak spots will improve your defence, whilst knowing your attacker's weak spots will improve your attack.

At the side of the EYE BAND are the Temples, which although recessed, are vulnerable to a Rabbit Punch, which is covered under a separate chapter.

• A blow to the temples is not only extremely painful but it will also upset your opponent's vision and co-ordination. This is called working on his supply lines and was why the Germans lost the World War II. Instead of going for a full face confrontation against the mighty Hun the Allies used stealth. Realising the futility of direct confrontation with an efficient war machine the Allies instead bombed the supply lines. When the confrontations did arise the Germans would be unable to re-supply with inevitable failure.

It's the same in street fighting. Even if you can't throw a jaw cracking right you won't lose if you keep plugging at the supply lines.

•Also on the Band is the bridge of the nose which is an excellent target, but only if hit with an overhead punch. Punched straight on, the cartilage flattens against the face and bounces back which only hurts your opponent and makes his eyes water. Punched from overhead, however, and struck with a downwards force the cartilage tends to separate from the skull and hey presto .. one broken nose. And that really hurts!

• The centre target LINE also highlights the neck which is best attacked with Shutos or Open Hand Chops. The techniques for these are covered under a separate chapter. Chops to the front and side of the neck can be very effective for inhibiting breathing and upsetting the supply lines, whilst a chop to the clavicle can be very disturbing.

• The clavicle is one of the easier bones in the body to break and if you succeed then your opponent's arm will stop swinging and just dangle. A broken clavicle means the fight is over ... hopefully. The clavicle provides the fulcrum for the arm on the opposite side of the body and with no fulcrum there is no effective movement. In fact any movement will result in lots of pain.

• The back of the neck is one of the most vulnerable parts of the body and any blows to it can result in permanent paralysis. Think before you hammer fist or let anyone hammer fist you on the back of the neck. Hammer Fists are covered under their own chapter.

Breaking bones in fights is generally an effective way of ending serious combat but often only available to the super strong or very lucky ... unless you know the targets and techniques.

Another effective way to break bones (your own!) is to use the wrong attack. If you ever try punching someone in the head do not be surprised if you end up with a broken pinkie. The way to win is to be more prepared and less vulnerable than your opponent which means practise.

## *NERVE BLOWS*

Reread the chapter on the target areas and make sure that you know off by heart every single nerve centre of the body. Memorize the damage that is caused by a blow to the nerves or joints in the area and related areas. If you are going to resort to nerve blows then you must know what you are doing and you must be aware of the damage you can cause. Practice - very carefully and softly! - with a training partner until you know these moves well, and if you are going to use them, in a life and death situation, then don't hesitate.

The most sensitive nerve centres are probably those around the eye and nose. hitting these is bound to put any attacker off.

## *Eye Jab*

Hit the attacker in the corner of the eye with your clenched fist, hitting forwards and upwards.

## *Double Finger Eye Jab*

Bear in mind that you could probably blind your attacker or gouge the guy's eye out with this move, so make sure you know what you are doing. Using the knife hand, dig your middle and index fingers out and up at the bottom of the lower eyelid.

## *Nose Smash*

Using the heel of your fist hand, drive upwards into the bottom part of his nose.

# *SPEED AND SIMPLICITY*

I've already touched on different aspects of speed, like instant response and reaction. But when you combine your erupting force with speed of execution, you become formidable. This is where practise, practise and more practise will improve your effectiveness. Speed is one of the most important factors of self-defence. Especially if you remember that no thug will be expecting a reaction, particularly not one that arrives before he sees it. He thought he was closing in on a victim.

In self-defence, it is the millisecond that will make all the difference. Now you can see why you must develop attributes like response, anticipation and preparedness. Put these together with your will to act and speed will be the cherry on top. Even a strike that is not entirely on target but that is delivered with speed, will be more effective than one that comes too late. If you think carefully you will also realise that speed actually increases your power.

Speed also means that you can get a lot more punches and blows in, in a short time. Speed will help you recover quickly. This is why you must practise more so that your moves become faster and your recovery time shorter. It is no good getting in a really swift blow if you can't pull back quickly and be ready to deliver another one immediately afterwards and another and another, before the punk has the chance to re-orientate.

Developing speed will greatly improve the pre-emptive blow. If you are functioning smoothly in your anticipation and preparedness mode, as you notice the thug moving to strike, you can lash out and connect before he does. And recover and hit him again before he gets over the first blow. This is another reason why you have to make sure that you have the will to put all your skills into action. If you have decided beforehand that you are going to go all out and destroy the guy before he has a chance to hurt you, then speed will be a natural factor in your armoury.

This is where the added advantage of simplicity will enhance your speed. When you train and develop your tactics and practise your moves, make sure you keep everything simple. A complex or fancy technique will hinder you, not help. All the flowery steps and fancy moves they teach in some martial arts are a nuisance more than a benefit. They take too long. They have been developed for controlled situations and sporting attitudes. When you are in a real fight, faster is better and simpler is faster. You don't need fancy steps, you need simple ones. As you practise you shave everything down to the bare bones. Learn the exact, precise steps for each strategy. Know what you are doing and why so that there are no superfluous moves. Go over the steps and moves physically and mentally until they are spontaneous. Don't hurry. By that I mean that you must first practise slowly - don't try to work up speed until you know that move or step as intimately and naturally as breathing. Then you can start to speed it up. Keep at it then by practising regularly so that your speed never decreases.

# *MORE ABOUT STANCE AND DISTANCE*

"Attack is the best form of defence..."

Whilst nobody wishes to advocate more aggression than is necessary, often a little extra initial force can nip potential problems in the bud.

A defensive opening stance sends weak messages to your opponent which will often inflate his own confidence. This is bad for you. An aggressive stance on the other hand could make him reconsider his actions. He may realise that he has underestimated you, or he may not deviate from confrontation.

Assuming that there really is no other way out of this situation then you had better start remembering some aggressive stance and lead with your strong side facing. But what next ...?

Rather unsurprisingly, nearly all fighters want to fight on their own terms. This means the aggressor will bring the fight to you, blow by blow, as he decides to advance. A novice defender will expend all his energy backing away and blocking, which won't help his case. Never waste energy opposing force ... do something more useful instead.

You should advance on the aggressor as soon as the fight "kicks off". Keep closing on him and contain his arms because it will stop you getting hit. If as a novice you don't close on him then you are a target. He will move toward you and fire off his missiles when he is ready. Never let someone else dictate the fight.

Closing in is really effective for shorter people whilst a larger person's defence is to keep the aggressor outside of

their reach. If they can't reach you then they can't hit you (or so the theory goes).

A nice little tactic is to advance on your opponent and step on his foot. The natural reaction to this imposition is to oppose the force and withdraw backwards. This is what you want. By executing this move you have defocused your opponent, upset his balance and unnerved him. You have gained the initiative.

A similar reaction can be gained by placing your hand across your opponent's eyes. The immediate reaction is to move backwards and the next move is all yours.

## *ADVANCED COMBINATION ATTACKS*

If you remember who Nutter Bastard is then you'll remember all about continuous attack.

As you begin to spar more fluidly and freely with your partner so you will be able to develop your combination attacks. However don't rush it because you can't expect to run before you can walk and combinations are more at the level of hurdling.

First develop each blow separately and to a satisfactory level of competence. Then imagine or visualize how one could lead into another before starting to practise. There are many blows which have their natural partners such as the double left jabs of a boxer which open his opponent to the harder right. In fact this is one of the most popular and therefore well known combinations. You should look out for it. Either you'll be on the receiving end of it, in which case you'll know what to do, or you might be using it, in which case I hope your opponent hasn't seen it before.

Imagination plays a large part of being successful in any fight, so use yours and be inspirational because it surprises people.

## *SORTING THE MEN FROM THE BOYS*

Possessing "the eye of a tiger" can be very useful in combat. In mythology tigers were reputed to be able to see with great clarity which presumably meant they never made the wrong decision.

f you have ever seen a tiger hunting prey then you will understand what I am talking about. They take their time stalking and generally don't miss. Certainly no one ever questions a tiger's intention.

As you try to develop the tiger's strength for your combat also strive for his clarity of vision. When you face an opponent assess their stance. Look at how they are holding themselves and try to decide whether they have had any training. This is as applicable when sparring or doing it for real.

In the available time try to identify any weaknesses and note these down for exploitation later, should diplomacy fail to defuse the fight. Figure out which blow is best for the target and if there is enough time visualise yourself doing the move.

Don't forget that whilst you're sizing your opponent up he'll be doing the same ... unless he's a real wally. Present a strong image to him, emit power and generally try to put him off messing with you.

I have had plenty of face offs in my time which haven't lead to fights. The reasons were numerous but enough have been because the other guy didn't like what he saw when my feathers were ruffled. I scared him off.

If the fight did progress past the posturing phase then I would still be ready because I had always worked out my counter-attack. You will notice that I said counter-attack because nasty as I have been in the past I have never started a fight in my life. To my way of thinking starting a fight means throwing the first punch.

Many fighters will tell you that counter-attacking is more efficient than attacking. A person who has thrown a punch which has been blocked or deflected is off balance. Still coming forward, this is the time to nail them with a blow which will be magnified by their own momentum.

• Another point regarding waiting for them to open is that 90% of people throw a right harder. It's usually at the jaw and will be a straight or a hook unless they are really hopeless, when it will be a haymaker.

• These "fighters" live in the hope of a one punch win and you should exploit their weaknesses. If you don't encounter a right then look out for a kick to the groin because that's where the other 10% of suckers will aim.

Using this philosophy you can honestly say to yourself that you didn't start the fight and that you acted in self defence. If the police are involved, hopefully witnesses will also confirm these facts.

## *GRAPPLING AND THROWS*

In my experience most fights develop into the grappling stage within 10 seconds. The first strikes and counterstrikes will have been unleashed and the participants will be wondering what to do next. Usually this will be grappling.

For a weaker person drawn into a fight this can, however, often form a very good defence. Containing your attacker's arms by what is called "the clinch" in boxing circles can be very beneficial to your survival. The clinch is also an effective move for anyone who has been nailed by a decent blow. If the world starts going fuzzy then grab your assailant and hold on to his arms.

Grappling, however, is a different matter. Everyone likes to fight with what they consider are their best techniques.

For some it will be boxing, for others it may be kicking, but for me, it's grappling.

Only being small (five feet seven and a half inches in case you've forgotten) I have a natural disadvantage against taller people when we are standing up; but rolling around on the ground is a different matter.

Long or fat people are gangly and ungainly on the ground. They either get tied up in their own legs or flump around like beached whales whereas smaller people are like fast moving monkeys. Bear this in mind when you are assessing your strengths and weaknesses and use nature's disadvantages to your advantage, and vice versa.

Grappling really begins when you close in so much on your opponent that you are chest to chest. This is when you can try some of the Running the Mark and Spin Out manoeuvres for real or maybe getting your elbow into his solar plexus. On the other hand this might be the moment to try putting him on the deck.

Most people who feel themselves losing balance will grab for support, and you are what they are likely to find. If you allow them to gain support from your rigid body then you will break the force of the throw. If this happens and your attacker holds on to you then collapse on top of him. This is often my own tactic.

If you go this route then not only have you thrown him, and hopefully on to something solid and sharp, but you have also landed on top of him which results in a winding.

Remember that when you land on top of an opponent it is important to project your body weight on to and into them. This can be even more effective if you project all that through your elbow and into their solar plexus. Then whilst they're gasping for air you'll have more than enough time to make your escape or finish 'em off.

## *YET MORE ABOUT THE IMPORTANCE OF PRACTICE*

I know I'm repeating myself, but personally I don't think I could over do the advice to practise, practise.

You see knowing how to do something or knowing what to do is not enough. You have to practise. And practise until that move or step is part of you. It is instinct, it flows naturally and spontaneously. Practice will help you to execute each move accurately and precisely. Accuracy will improve effectiveness. Precision and speed will provide the explosion. The more technically perfect your strike, the more impact it will have.

It will help if you also understand what effect a particular tactic or technique is designed to deliver. When you know why as well as how a move must be executed, your understanding increases the effect. When you grasp how that tactic will impact your aggressor, it helps too. Understanding moves and techniques also improves your feedback. By that I mean that you will be better able to correct mistakes you will be able to hone your technique until it is a sharp and deadly weapon. If you practise in front of a mirror, you will soon be able to spot the mistakes and fix the errors of movement and delivery. You will be able to eliminate the unnecessary movements, speed up the process and add to the power.

Practice will make sure that precision becomes deadly in the actual self-defence situation. Having mastered the moves you will deliver them with fatal accuracy, and in so doing you will also be gaining in confidence. I am not saying that you must rely on your skills and techniques to such an extent that you get overconfident, because that is a one-way ticket to a lot of pain. You can never rely on any particular technique in real life self-defence, because the situation will always be uncontrolled, often chaotic and certainly not subject to any rules, regulations or ideas of fair play and organised strategies or recognized tactics.

However, as you realise that you can do something, not only to protect yourself, but to cream the thug who dares attack you, and as you develop the will and determination to go all out, you will automatically be gaining in confidence. This is the confidence that will enable you to harness the fear factor and channel it into power. It is the confidence that will enable you to let the speed loose, recover quickly and keep attacking.

## *CONCLUSION TO VOLUME 2*

Remember, as the Hitch Hiker's Guide to the Galaxy says ... DON'T PANIC ... whatever situation you find yourself in keep your brain together and keep thinking.

If you find yourself under pressure remember to regulate your panic by controlling your breathing. This really will help. The only way to make these defence routines reactionary is to practise them because practise makes perfect ... (or at the very least it brings improvement).

It is pointless fooling yourself that your punches have got focus when they have not. With a little more work they might! Only real time practise on a bag will provide focus and targeting accuracy.

Remember that it is great having powerful blows but pointless unless they can connect with their intended target. Don't forget that fighting on the street is a no holds barred experience.

Street fighting is dirty and mean and has no rules. By now you will have gathered that you should never oppose force ... only ever seek to redirect it. Use your opponent's strength against him and he will help to defeat himself.

If you do find yourself coming unstuck then fight at whatever level is necessary to maintain your survival. If this means using a handy ornament to reshape his skull then so be it ... just console yourself with the fact that fate put it there for your use. Imagine that it was meant to be, just like this book.

My philosophy is that I avoid violence. This is not because I am afraid of it but because I am afraid of hurting other people with it. All of the techniques in this book can be deadly if executed with precision. - They Work!

If I were teaching you personally then I would assess your technique but this is not possible. Instead you will have to honestly evaluate yourself. Hopefully by now you will have realised that brute force is not the only answer to combating violence targeted at you. Avoid violence and then duck, bob, weave, shed or block.

If you decide to embark on a course of Martial Arts study (not already a student) then be selective. Do not just enrol under the first style you encounter. Look around for the one which most suits your stature and limitations.

Any course will develop your composure under stress, improve physical fitness, instil discipline and give you competitive training. All of this will add to your own self confidence and enhance and project your personality in a more positive way. In both the short and the long term it must be better for your character building and life.

My practical methods attempt to teach useful techniques which can be adapted to fit the many street scenarios, whereas many of the Martial Arts don't. They are more concerned that you should perform the move perfectly and almost resent the thought that an opponent might corrupt it. Also don't forget that there's one vital difference between fighting in the dojo and on the street ... On the street you are being attacked - it isn't a sport, it's survival.

None of the scenarios in this book contain the right answers to problems ... they contain what seems the best available options from the many available.

For example, when faced with a survival situation should you use a weapon if one falls to hand? Two people could spend forever discussing this, but in the heat of the moment you'll have to decide. If you make the wrong decision then you may not live to regret it.

The golden key to success is attitude of mind. You must give yourself the one precious thing that I am unable to inject into this course - POSITIVE DETERMINATION THROUGH SELF- MOTIVATION. Tell yourself now, that you will become a Super Fighting Machine and that now you have this instruction, you will never again feel inferior in those horrible situations that may call you into action.

With all the reaction, the anticipation, preparedness, energy and power, you will do nothing unless you have already made up your mind long before an attack that you will use whatever force or tactics are necessary to hammer an opponent.

"He who hesitates is lost", an old adage that has lost nothing over the centuries. In a high pressure or dangerous situation, you cannot afford to hesitate. If you are unsure what to do, you will end up doing nothing. The other guy will have the advantage and before you know it, you will be making friends with the pavement. Too intimately for comfort.

Practice, practise, and more practise will help make all your skills instinctive. Often when the pressure is on there is no time to think, you have to respond, fast. This is where the spontaneity and instinct will take over. If you have made up your mind long beforehand that you are going to fight back when danger threatens, then you will not have to hesitate, stop and think, decide what to do. It will be an instinctive reaction. And your mind and emotions will not oppose it. This is where the crunch lies. You don't generally get a second chance to make decisions in these circumstances. Just having the skills and having learnt the moves is not enough. You have to develop the will to use them.

Your mind is your most important weapon. You have to psyche yourself up at the same time as you train your body. Your mind won't just respond properly it is programmed. Hesitation and indecision will weaken every physical move. Will and determination will reinforce them.

One of the easier ways you can train your mind is to picture various kinds of situations. Imagine a thug creeping up from behind, coming at you from a dark alley, jumping you at a bus stop. Remember to work up the anger and also channel the fear. Picture what action you will take. See yourself explode into action. Plan your moves and try to think what counter- moves he could go for. And all the time make sure you are following through until he either bites the dust or hightails it to safer ground. When you imagine these things vividly enough, your brain actually thinks that you have experienced them - at least that is what the shrinks tell us. So it is as though you have already lived through the situations. That way, if you do come across something similar, you are not only physically, but mentally, psychologically and emotionally more than ready to let fly at the thug who tries anything.

If a guy is vicious enough to want to go for you, then you are more than justified in letting him have it back in equal measure. If he has dropped low enough to want to attack an innocent stranger then he deserves to be re-dimensioned.

So many times I have had students who come to me for instruction because of experiences they have already suffered. And what is their theme song? "If only I had known what he was going to do..." You see, most of us have a civilized approach to life and do not think that people could actually resort to mindless attack - I mean, surely a person wouldn't really kick someone in the face when they are already knocked down ...oh yeah? Don't put yourself at the thug's mercy. In self-defence any ruthlessness is justified if it saves your life.

This determination will enable you to tap into hidden energy, power and endurance that you yourself did not know you had. It will also save your life. So work at it, it is worth it !